

THE MALANKARA ORTHODOX SYRIAN CHURCH
OF THE EAST

PRAYERS OF THE
GREAT LENT



Translated from Syriac by
Fr. Dr. B. Varghese

MALANKARA ORTHODOX CHURCH PUBLICATIONS

ܘܡܠܟܘܬܐ ܕܥܝܪܐܩ

ܘܡܠܟܘܬܐ ܕܥܝܪܐܩ ܕܥܝܪܐܩ ܘܡܠܟܘܬܐ ܕܥܝܪܐܩ

Ex Libris

Beth Mardutho Library

The Malphono George Anton Kiraz Collection

ܘܡܠܟܘܬܐ ܕܥܝܪܐܩ ܘܡܠܟܘܬܐ ܕܥܝܪܐܩ
ܘܡܠܟܘܬܐ ܕܥܝܪܐܩ ܘܡܠܟܘܬܐ ܕܥܝܪܐܩ
ܘܡܠܟܘܬܐ ܕܥܝܪܐܩ ܘܡܠܟܘܬܐ ܕܥܝܪܐܩ
ܘܡܠܟܘܬܐ ܕܥܝܪܐܩ ܘܡܠܟܘܬܐ ܕܥܝܪܐܩ
ܘܡܠܟܘܬܐ ܕܥܝܪܐܩ ܘܡܠܟܘܬܐ ܕܥܝܪܐܩ

Anyone who asks for this volume, to read, collate, or copy from it, and who appropriates it to himself or herself, or cuts anything out of it, should realize that (s)he will have to give answer before God's awesome tribunal as if (s)he had robbed a sanctuary. Let such a person be held anathema and receive no forgiveness until the book is returned. So be it, Amen! And anyone who removes these anathemas, digitally or otherwise, shall himself receive them in double.

THE MALANKARA ORTHODOX SYRIAN CHURCH
OF THE EAST

PRAYERS OF THE GREAT LENT



Translated from Syriac by
Fr. Dr. B.Varghese

MALANKARA ORTHODOX CHURCH PUBLICATIONS

PRAYERS OF THE GREAT LENT

Translated from Syriac by
Fr. Dr. B.Varghese

Published by
Malankara Orthodox Church Publications
Devalokam, Kottayam.

First Published
January, 2011

No. of Copies
1000

Layout
Greeshma Designs, Kottayam

Printed at
Alois Graphics, Ktm. Tel: 2569847

ISBN No. 978-93-81026-06-9

Price: ₹ 100.00
\$ 10

Contents

MONDAY

EVENING	11
LILYO (NIGHT)	26
MORNING (<i>Saphro</i>)	33
THIRD HOUR	39
MID-DAY	40
NINTH HOUR	41

TUESDAY

EVENING	42
LILYO (NIGHT)	45
MORNING	52
THIRD HOUR	57
SIXTH HOUR	58
NINTH HOUR	59

WEDNESDAY

EVENING	60
NIGHT (LILYO)	63
MORNING	70
THIRD HOUR	75
SIXTH HOUR	76
NINTH HOUR	77

THURSDAY

EVENING	78
NIGHT	80
MORNING	87
THIRD HOUR	92
SIXTH HOUR	93
NINTH HOUR	94

FRIDAY

EVENING	96
NIGHT	99
MORNING	105
THIRD HOUR	110
SIXTH HOUR	112
NINTH HOUR	113

COMMON PRAYERS	115
COMMON OF SUTORO	117
Lilyo	120
Praise of the Angels	124
Common to Morning prayers (Safro)	126
Morning praise (from the common prayers)	131
The m'anitho (anthem) of Mar Severios	131

PREFACE

A full-fledged English translation of the *Prayers of the Great Lent* was a long cherished dream and we are happy that now that has been fulfilled. We appreciate the relentless effort and commitment made by Fr. Dr. Baby Varghese in accomplishing this. The uniqueness of his work is the fact that the translation has been done from the Syriac original. He had spent himself to a great deal that every single word has been carefully coined to make it more akin to the original thus making this work a seminal one which would even draw the interests of the academicians.

We are for sure that our community in Diaspora will be benefited with the publication of this by making it an excellent resource for prayer in the *Great Lent*. Approbation is due to the publication team who made all the efforts in addressing the logistics of getting this published. We leave you all to the care and love of our good Lord.

Thomas Mar Athanasius
President, MOC Publications

FOREWORD

'Prayers of the Great Lent', are translated from the Syriac text published from Pampakuda (*Fifth edition, 1967*). I have translated the Syriac text as literal as possible to bring out the spiritual and theological sense of the text and have given special attention to retain its original spirit and style. These prayers are certainly one of the spiritual treasures of the Syriac tradition, which are largely of biblical inspiration and simple and direct in their style. They evoke, exhort, rebuke, warn and correct the Church members and constantly invite them to repent and to imitate Christ. The pure fasting is defined as follows:

" The bread and water that the Lord has given for the life of the body do not cause sin or declare righteous. Keep away from evil and do good. This is the fasting that pleases the Lord" (*Tuesday morning*).

It is charity that completes the fasting:

" The fasting from bread and water is counted as a minor fasting. If there is almsgiving in it, it is great before the Lord. Great is the reward of him who fasts and gives (alms) to the needy and his fasting is accepted. If any one who has nothing to give, mixes love with his fasting, he is mingled with the spirituals and held worthy of the bridal chamber" (*Tuesday morning*).

I have the pleasure to dedicate this book to the youth of the Malankara Orthodox Church, whose mother tongue is not Malayalam, as well as to those who are interested in Syriac liturgy and spirituality.

I am grateful to MOC and its President H.G.Thomas Mar Athanasius Metropolitan of the diocese of Chengannur for accepting the text for publication.

January 6, 2011

Fr. Dr. B. Varghese

Feast of Epiphany

FOREWORD TO THE SECOND EDITION

It is indeed encouraging the 'Prayers of the Great Lent' has been warmly welcomed by the members of the Malankara Orthodox Church in India and abroad. The first edition became out of print in three months and it was indeed a pleasant surprise for me. No change is introduced in the second edition. Critical comments on the translation are always welcomed.

November 2, 2011
Feast of Mar Gregorios
of Parumala

Fr. Dr. B. Varghese

*In the Name of the Father, Son
and the Holy Spirit, One True
God, we begin to print the Book
of the Prayer of the Great Lent:*

MONDAY EVENING

*After having completed the prayer of the ninth hour
from the Shehimo with its qaumo, one more shall be said
and the following prayer of Ramso begins and the Psalms
140, 141, 119 and 117 are said¹.*

Lord, I have called You... (p.113-114)

Barek Mor; Shubho and Men olam.

Eniyono in the tune : 'Christ was born':

1. O Christ, You humbled Yourself for our redemption and condescended to fast and to be tempted by the adversary and taught the Church to conquer with appropriate fasting and pure prayer the Satan who fight against her.
2. Come with peace, the pure and the holy fasting, for by You the gluttony of our father was conquered. Come with peace the fasting that our

Saviour has fasted for us. Come, let us bow down and worship Him.

3. Our Saviour, grant us to receive with pure love and to welcome with joy the fasting and hold us worthy to fast according to Your will, O Lord, and by it may the hateful things which we have done be purified.
4. How pleasant is the fragrance that exhales from the fasting! Elijah who was lifted up to heaven with it, bears witness. And therefore, our Saviour has given it to us an armour, so that we may be lifted up by it to our former inheritance.
5. O Lord, You are the door and the true life, and through You, I (will) enter towards Your glorious Father. Open to us, O Lord, Your door and correct our walks, and make our ways straight, so that we may give thanks for Your grace.

Barek mor. Shubho; Men olam.

6. Have pity on us, O Compassionate One, because of Your grace. Absolve our debts and blot out all our viciousness. By Your mercies, grant us peace and tranquility and have mercy upon us in both worlds.

Stomen Kalos . Promiun- Sedro

Qolo in the tune of 'Our Lord accepted.'

1. (O Lord), may our fasting and prayer be a pure incense for You and may they be accepted before

Your Majesty like a fragrant incense. *Barek mor. Shubho.*

2. Holy Lent is a sign of victory and a victorious armour against the evil enemy.

Men olam.

3. May our prayer be pleasing to You and let our supplication enter Your presence. And may it be accepted before Your Majesty as the fragrant incense.

Moryo rahem.. ['etro]

Another qolo in the tune of 'Not for the judgement and not for the vengeance'

1. By the forty days fasting upon the Mount Sinai, Moses brought down the tablets which God wrote and the commandments and the laws for the house of Israel., halleluiah, may his prayer be with us. *Barek mor. Shubho.*

2. In the wilderness, our Lord fasted for forty days and fought against Satan and defeated the evil enemy and gave us an armour with which we may conquer the adversary halleluiah glory to His name. *Men olam.*

3. Lord, have mercy upon us! Lord accept our service and prayers. May Your grace support us² which supported³ the martyrs in their combats and strengthened them.

Moryo rahem..

Bo'utho of Mar Jacob

1. Christ who accepted the fasting of the just and the righteous, accept our fasting and prayers (and) have mercy upon us.
2. The evil one desired to descend and he was humiliated in the combat. When he set the snare, he extended his hand with weakness. He was hungry and He opened the door for the evil one to fight. If He was not seen hungry, he would (not) have drawn near to fight.
3. Glory to the Father who sent His Son for our salvation. Adoration to the Son who by His fasting, defeated the evil one. Praise to the Spirit who overpowered the adversary in the combat. May His mercy be upon us always, Amen, Amen.
4. Christ who accepted the fasting and humility of Moses, hear our supplication and have mercy upon our souls.

Conclusion:

Moran Yeshu Mshiho (from the Shehimo)

Lord Jesus Christ, do not close the door of Your mercy in our faces. Lord, we confess that we are sinners. Have mercy upon us! Your love made You descend from Your place to us, Lord, by whose death, our death was ended. Have mercy upon us!

One qaumo is said and the Prayer of Ramso is concluded.

SUTORO

First, one qaumo is prayed and then begins the prayer of Sutoro and this shall be said thrice and (all) bow down

Glory to God in the heights. Peace, tranquility and good hope to men on earth.

Then Psalm 4 (Peshitta) :

When I called, You have answered me, my God, the salvation of my righteousness.

In my affliction, You have comforted me; have mercy upon me and hear my prayer.

O men, how long will you hide my honour? And will You love vanity and seek after lies?

Know that the Lord has set apart the chosen one by miracle!

The Lord will hear when I call to Him.

Be angry, (but) do not sin! Say in Your hearts and meditate on your beds!

Offer sacrifices of justice and put your trust in the Lord.

There are many who say: "Who will show the good one and extend the light of His face upon us?"

O Lord, You have given Your joy in my heart, more than the time when their grain and wine and oil abounded together in peace.

I will lie down and sleep. For You alone, O Lord, make me dwell in tranquility. To You befits glory, O God.

Barek Mor. Shubho. Men olam.

Eqbo before 'qum Paulose' (= Rise up Paul!)

Open to me O Lord your door, full of mercy, as You have opened before the sinful woman. Receive from me the tears which I offer and grant me the forgiveness of debts. I would have accepted You, the Living Water, as my company, so that there I may not seek water from Abraham, for I have heard in the parable of the rich that he asked for water on the tip of the finger.

Stomen kalos.

Qolo of "lathhumo d'haimonutho" (= to the definition of faith):

1. Look at my feebleness, O Lord, for I have sinned much and angered You. I do not know, in whom shall I take refuge! I have approached physicians and their medicines failed in me. The ulcer is severe and there is no one to bind it up. I have heard that You are the good physician and You have many (kinds of) medicines with You and that (everyone) who approaches You gets helps (from You). By the love of the Father who begat You and by the prayer of Mary who brought forth You, halleluiah, absolve my debts.

Barek mor. Shubho . Men olam.

2. Let me not die in my sins, O Lord! Now I offer to You the tears of my eyes as bribe (*shuhdo*) which You love. I do not offer oxen, lambs, young animals, turtle doves, or young pigeons, but two drops (of tears) from

my eyes. Like the sinful woman in the house of Simon, receive them and have mercy upon me; by the love of the Father who begat You and by the prayers of Mary who brought forth You, halleluiah, absolve my debts. *Moryo rahem..*

Supplication (Bo'utho) of Mar Jacob:

1. We call upon You, Lord our Lord, come to our help; hear our petition and have mercy upon our souls.
2. Lord, our Lord, the Lord of the watchers and the angels, hear our petition and have mercy upon our souls.
3. Father, Son and the Holy Spirit, enlighten my mind. I have knocked at Your door with faith; by Your compassion, answer me.
4. Open my eyes, so that I may see Your truth and I may praise Your name. As I have taken refuge in Your kindness protect me⁴.
5. As I have beseeched You O Lord, grant me pure heart. Make to dwell in my mind the wisdom of life from Your fullness.
6. Let there be the weapon of the spirit for my help against the evil. Seal me in Your name and save my life from destruction.
7. I have loved Your blessedness and I have come after You. Do not put me to shame.

8. To become yours, alone is my desire. I worship You, O Lord, Father and the Merciful.
9. From You, I have received compassion and mercy. Do not put me to shame. May my mind carry Your treasure like a merchant.
10. Grant me to read and learn the books truth; I am Your servant, O Lord, and the son of Your maid servant. Make me to live before You.
11. I have eaten Your body and drunk Your blood. May I live by You. Let Your cross become a fortress for me against harms.
12. In prayer, I have called (upon You); may Your right hand overshadow upon me. O Good Shepherd, make me a lamb of Your sheepfold.
13. Glory to Your name, O Father of the worlds and the King of life. May my supplication enter before Your Majesty as an offering.
14. O the one who hears everything and accepts prayers, hear our supplication and have mercy upon our souls.

Again the Bo'utho of Mar Ephrem

1. Lord, have mercy upon us. Lord, accept our service and from Your treasure house, send us compassion, mercy and forgiveness.
2. Grant me, my Lord, to keep vigil and to stand watchfully before You. If I sleep again, may my sleep be without sin.

3. If I commit wrong in my watchfulness, by Your grace, absolve (me), my Lord, and if I sin in my slumbering, may Your compassion forgive (me)⁵.
4. Through the cross of Your humility, grant me a quiet sleep. Deliver me from evil dreams and from obscene images.
5. In peaceful sleep, protect me the entire night, that the evil men and thoughts full of iniquity shall not have authority over me.
6. Grant me the angel of light, that he may guard all my members and deliver me from hateful passion, by Your Living Body which I have eaten.
7. I shall lie down and sleep quietly and may Your blood be a guardian for me – to the soul which is Your image – grant freedom to Your creature.
8. Overshadow Your right hand upon the body which Your hand had fashioned. May the fortress of Your mercies surround me as a defensive shield.
9. When the body sleeps quietly, may Your might be its guardian, and may my sleep be like a fragrant incense before Your Majesty.
10. By the supplication of Your mother, may the evil one not approach my bed. By Your sacrifice for me, forbid Satan from causing harm to me.
11. Fulfill Your promise to me, O Lord; and guard my life by Your cross, so that I may praise You when I am awake, for You have shown Your love for my feebleness.

12. By Your compassion, grant me O Lord, to give heed to Your will and to do it; grant us an evening full of peace and a night of justice.
13. For You are the true light, Christ our Saviour, and Your honour dwells in light and the sons of light worship You.
14. Jesus, the Saviour of the world who dwells in light, glory to You and may Your mercies be upon us in this world as well as in that which is to come.
15. Glory to You, my Lord, glory to You. Thousand and thousands of glory to You. Glory to You and have mercy upon us.
16. Glory to You, the One who is worshipped by the watchers and ministered by the angels. Lord of the watchers and the angels, accept the supplication of Your worshippers.
17. Glory to Him who is One in three and three in One, Father, Son and the Holy Spirit, One true God.
18. Glory to Him who receives the prayers of the feeble and accepts the tears of the penitents like first-fruits and offerings.
19. Glory to You from the earthly ones, in the number of the leaves of the trees, O Lord, whom the watchers minister and whose glory the angels exalt.
20. With pure and prudent mind, let us offer glory and praise to the Father, Son and the Holy Spirit, One true God.

21. Do not possess gold and silver, for they contain deadly poison; (but) possess sound doctrine, that the Lord may love you.
22. Observe the forty days' fast (and) give bread to the hungry and pray seven times a day as You have learned from the Son of Jesse (*Ps. 119:164*).
23. Moses fasted for forty days and Elijah (also) for forty days. Our Lord fasted for forty days and conquered the evil enemy.
24. May the prayer which ascended from sea, pit and furnace, open the doors of mercy for our prayer and supplication.
25. O the One who hears prayers and answers requests, hear our prayer and reconcile with us and by Your mercy, answer our requests.

Kyrie eleison, Kyrie, Kyrie..

Psalms of the Sutoro with responses (Ps. 91 & 121).

Psalm 91

1. *Barek mor, He who sits under the protection of the Most High, Halleluiah and glorifies in the Shelter of God.*
Tree of life, I sat under Your shadow and from Your fruits, I have eaten the eternal life.
2. *Barek mor. Say to the Lord: my trust halleluiah, God (who is) my refuge in whom I trust.*
You are our exalted refuge and our intense strength, our God, our hope and our trust.

3. *He shall deliver you from the snare which makes you stumble, hal. from talk of vain things.*

Deliver us O Lord, from all the snares of the evil who deceitfully thirsts for our fall.

4. *He will keep you under His feathers and you shall be protected beneath His wings, halleluiah His truth shall enclose you as an armour.*

Keep us O Lord, by the power of Your cross and protect us always under its wings.

5. *You shall not be afraid of the terror of the night halleluiah, or of the arrow which flies by day.*

Grant us not be afraid of the terror of night, nor of the consuming arrows of Satan.

6. *Of the word which walks in the darkness halleluiah, or of the (wind) that wastes at midday.*

Keep us from the obscene (or dull) word of the evil and redeem us from the wind that wastes at midday.

7. *Thousands shall fall at Your side halleluiah, and ten thousand at your right hand.*

Defeat the thousands of Satan by Your power; and drive away his ten thousand by Your cross.

8. *But they shall not come near you halleluiah, but with your eyes alone you shall see.*

Illumine our hidden eyes O Lord; do not give (any) chance to the enemy to approach us.

9. *You shall see the reward of the wicked halleluiah, because Lord, You are my trust.*

Avenge O Lord, our enemies, the evil one and his army and deliver us from fire and the torment from it.

10. *You have made your dwelling in the heights halleluiah, evil shall not come near you.*

The Exalted One who came down to visit His creation, do not allow evil to approach Your servants.

11. *Affliction shall not come near Your tent halleluiah, because he has commanded his angels concerning you.*

May Your angels be (our) guards O Lord, for the congregation of Your servants takes refuge in You.

12. *That they shall keep you in all your ways halleluiah, and receive you in their arms.*

Show me Your ways, O Merciful Lord, and by Your mighty arm, brake the power of the evil.

13. *That you may not stumble with your foot halleluiah, you shall tread upon the asp (gorso) and the basilisk (hermono).*

We request You, O Christ full of mercy to uphold the walks of Your servants by Your strength.

14. *You shall tread upon the lion and the dragon halleluiah, because he has cried to me; I will deliver him and strengthen him.*

Strengthen Your worshippers by the power of Your cross to tread upon the head of the evil one.

15. *Because he has known my name, he shall call upon me and I will answer him halleluia, I will be with him in distress.*

Christ our Saviour, we know Your name. By Your compassion, answer us and have mercy upon us.

16. *I will strengthen him and honour him halleluia, I will satisfy him with length of days.*

O Lord, do not give the tyrant the chance to tempt Your servants with his crafts.

17. *I will show him my salvation halleluia, (Ps 120) I will lift up my eyes to the hills.*

Towards you, we lift up the eyes of our minds. Christ our Saviour, by Your compassion, answer us!

18. *From whence will come my help halleluia, my help is from the Lord.*

May the power of the cross be a help for us. Demolish the power of Satan from Your servants.

19. *Who made heaven and earth halleluia, He will not suffer your foot to slip.*

Lord of the heaven and the Maker of earth will not suffer the feet of His worshipers to slip.

20. *Your guardian shall not sleep halleluia, indeed He neither slumbers nor sleeps.*

Our Guardian, Lord Christ our Saviour, as we take refuge in You, by Your compassion, answer us!

21. *The Guardian of Israel halleluia, the Lord is your guardian.*

Great Guardian of Israel in the wilderness! Protect Your worshippers whom You have redeemed by Your cross.

22. *The Lord shall shelter you with His right hand halleluiah, by day the sun shall not harm you.*

Our Lord, may Your right hand protect Your worshippers, lest the evil enemy hurt them.

23. *Nor the moon by night halleluiah, the Lord shall guard you from all evil.*

O Lord, protect Your servants from every evil, that they may praise Your grace night and day.

24. *The Lord shall guard Your soul halleluiah, He shall guard your going out and your coming in.*

Guard our souls, for we take refuge in You. Christ our Saviour, by Your grace, have pity on us.

25. *From henceforth and forever more halleluiah, and to You belongs praise, O God.*

To You belongs glory always, O Lord, from every creature that Your Majesty has created.

Shubho. Men olam.

Glory to Him who said, call upon (me). I will answer and knock, I will open and ask, I will give.

He who dwells under the protection.. (p.117)

Our Father...

We believe..

The Service of the Mother of God and the Saints (Quqliun) and Hutomo.

MONDAY LILYO (NIGHT)

Again the Nocturn (m'irono) of Night.

Prayer(from the Shehimo).

Psalms 134; 119:169-176; 117 (Peshitto) (p. 119-120)

FIRST QAUMO

Enyono in the tune: 'It is meet and right':

1. Behold, the day has arrived for the work of justice for him who wants to labour zealously and to gain spiritual life. Glory to You; glory to You, glory to You, O God. O Compassionate One, by Your mercies, have pity on us.
2. O the lazy one, awake and labour; be not disheartened in the struggle. Be diligent in fasting and receive eternal life. Glory to You....
3. Through the parable of repentance, Jesus our Lord calls us. His labourers receive from Him one dinar for an hour. Glory to You..... Shubho; Men olam.
4. The Ocean of mercy and compassion, whose streams are poured forth upon our race, by the blood which flowed from Your side, absolve the debts of Your sheepfold. Glory to You... Kyrie eleison, Kyrie, Kyrie..

Eqbo : 'Father wrote..'

He who loves teaching is very much beloved and is pleasing to the Lord. He will (live) with the kings and will raise the princes. He will become chief among the nobles and a guide and an advisor to everyone.

Kyrie eleison (*Thrice*).

Lord, have mercy upon us; Lord have pity and mercy upon us; Lord answer us and have mercy upon us. Glory to You, O Lord; glory to You, O Lord; glory to You, our hope for ever. *Barek mor.*

Qolo : quqoyo

1. O Lord, Your servants praise You. Halleluiah. Let us wake up in the night and praise the Son of God, for in the night in which our Lord comes, the shouting will take place and the righteous, just, prophets and the apostles and holy martyrs will go out to meet Him, and they will enter with Him into the bridal chamber full of joy and will inherit life and kingdom and sing praise to the Lord. *Shubho.*
2. O Lord, there is no night in which I do not remember You on my bed. In the night, I meditate upon You that You are greatly terrible. I have heard the voice of Daniel saying: the river of fire flows from before You. Woe to me, for my debts have been multiplied, and (how can) I cross it, if Your grace does not beseech and Your mercies are not upon me. Halleluiah. By Your mercy, have pity on me. *Moryo rahem..*

Bo'utho of Mar Jacob:

1. We call upon You, Lord our Lord. Come to our help; hear our petition and have mercy upon our souls.
2. At midnight, Daniel woke up to glorify and rose to praise the wonders of the divinity. You also, the man of discernment, rise at midnight and sing praise spiritually with the Psalms of David.
3. May I be enlightened, O Lord, for You are the day for those who love You. Enlighten the eyes of my mind that I may see Your compassion. The journey of the world is a net (*sriigo*) and is full of stumbling blocks. Since You are the light (*lit. day*), he who walks in You does not stumble.
4. Answer me, O God and have mercy upon me and turn the hearts of the sons of men to repentance.

SECOND QAUMO*Blessed be the glory (p.118)*

Eqbo : Simon was sitting at the outer door and was weeping: ' Open Your door, O my Master, for I am Your disciple'. Heaven and earth shall weep for me, for I have made the keys of the kingdom to be lost'.
Kyrie eleison (thrice).

Qolo: quqoyo

1. Tell me, O King David, what is the (hymn of) praise that you sing day and night? It is the (hymn

of) praise that the watchers and the angels sing. Holy Spirit has taught me it and I the priests. Behold, churches and the monasteries together sing halleluiah, praise to the Lord. *Shubho; Men olam.*

2. At midnight, David rose to praise the wonders of the divinity and the judgements of the Exalted One. He looked at the sky and saw the firmament and the stars and the beauty of their movements. He saw calm and quietness upon the creation. He was filled with wonder and praised You, O Lord halleluiah, for he had seen wonders.

Bo'utho of Mar Ephrem

1. Lord, have mercy upon us and accept O Lord, our service.
2. By our deeds, we have angered You O Lord; but You do not desire to be angered, for You are very much filled with compassion and Your serenity cannot be disturbed.
- 3.. All gentiles are like a drop (of water), as the prophets has said. How can iniquity disturb Your serenity?
4. O You who hear prayers and answers requests, hear our prayers and be reconciled with us and by Your mercy, answer our requests.

THIRD QAUMO

Blessed be the glory (p. 118)

Eqbo: (in the tune) 'He wrote'.

The evil world woke me up. With trembling, I will narrate its history and speak of its evil, and meditate on its viciousness and mourn of its inhabitants, for they have erred and immersed in its love. *Kyrie eleison (thrice).*

Qolo quqoyo:

- 1 I sin and I hide myself, lest any one sees me. When I do evil, the Lord sees me. If anyone sees me, I am ashamed; but I feel no shame before God. You are the Judge of the judges, O Lord. Whether one is alive or dead, he is in Your hands, O Lord, halleluiah. By Your mercy, have pity upon us.
2. Our Father who art in heaven, answer us, for we call upon You. We have no other father who can help us. When we were not existing, You were pleased to create us. And now when we exist, may Your wrath not destroy us. Teach us, O Lord, Your commandments, so that we shall keep them. May we please You, O Lord, by the works of justice. By Your mercy, have pity on us.

Bo'utho of Mar Balai:

1. You who have compassion on sinners, have compassion on us on the day of Your judgement.
2. At Your door, O Compassionate One, the afflicted knock; in Your mercy, answer their requests.
3. Our Father who art in heaven, we beseech You. Receive our service and have mercy upon us.
4. Lord of those above and the hope of those below, receive our service and have mercy upon us.

Halleluiah; Halleluiah; Halleluiah;

Magnificat; Psalms 148; 149; 150. (p.120-122)

QAUMO D'TESHBUHTO

(QAUMA OF PRAISE)

Qolo; Quqoyo

1. As it is written, the Lord rejoices and is pleased with pure fasting, love and virtuous deeds. Behold the sojourner (*bar thauthobe* = Elijah) who was lifted up in chariot of fire. Daniel in the land of Babel and Moses on Mount Sinai bear witness. Blessed is He who rejoices and reconciles to us by fasting and prayer. *Bark mor. Shubho.*
2. Let every one who has debts and great sins come and beseech the Lord as Nineveh beseeched. It proclaimed a fast for forty days, put on sack cloth

and stood for forty days at the door of the physician, until the voice reached it that the Lord has reconciled (with it) and its judgement has been abolished.

Bo'utho of Mar Ephrem

1. Lord, have mercy upon us. The Son who freed us by His fast, Christ who redeemed us by His fast, have mercy upon our souls.
2. The Exalted One became man and fasted like Moses and Elijah. By You, may we resemble the angels and reject the tastes (*to'ume*) (of the world) by Your taste.
3. O Christ, who fasted for us, glory to You and to the One who sent You. Have mercy upon us both in this world and in that which is to come.
4. Lord have mercy upon us, the Son who freed us by His fast, Christ who fasted for us, accept our fasting and prayer.

Praise of the angels. (p. 122-123)

MONDAY MORNING

(*Saphro*)

Psalm 51; 63 (*My Lord, you are my God, I will seek thee.. (p. 124-126)*)

Enyono

1. Christ (our) God, who by His mercies, fasted and put the adversary to shame and defeated the evil one and his power, I have come before You⁶. Have mercy upon me.
2. Christ who, on account of our salvation, kept the fast as a needy one, and gave us its pleasant yoke, I have come...
3. Christ who taught the fast to His athletes, in order to fight against Satan with intense prayers, I have...
4. Redeemer who, by His holy fast, had cast down the evil enemy, strengthen us also to conquer all his crafts.
5. Hold us worthy, O Lord, the Lover of man, to keep the fast with discernment and to become worthy of the forgiveness of debts. I have come..
6. O Lord, You have spoken through the Holy Spirit, by the mouth of the prophets: 'This is the fast which I have chosen: a brother shall love his companion'⁷. I have come..

Shubho; men olam.

7. O God, according to Your grace, You have granted us the richness of the fast. Hold us worthy to keep it with purity. I have come...

Kyrie eleison. Ps. 19. (p. 126-127)

Enyono

1. Come brethren; let us take refuge in pure and holy fast, as the righteous took refuge in it and pleased the Exalted God. Halleluiah, halleluiah.
2. The fast of Moses brought down the commandments for the house of Israel. Let us (also) fast with purity in order to become worthy of inheriting the kingdom. Halleluiah; halleluiah.
3. Moses fasted and became resplendent. Elijah fasted and was taken up. The infants fasted inside the furnace and quenched the flames. Halleluiah, halleluiah.
4. The Church is glorified by fast and by the works of justice and drives away greed from her and she puts on abstinence. *Shubho. Men olam.*
5. Moses fasted for forty days and Elijah (also) for forty days. Our Lord fasted for forty days and overpowered the evil enemy.

Praise of Isaiah (Is. 42:10-13). (p. 127-128)

Enyono

1. Christ, God of all, fasted for us like a man and prepared a way for us that we should walk in it without being stumbled and inherit eternal life.

Glorify Him, all His works and exalt and magnify His Holy Name for ever.

2. Brethren, let us fast from evil, as our Saviour has taught us and shown His disciples. Let us not fast like the Jewish people who angered their Lord. Glorify Him...
3. Fast is great and prayer is good. (But) love is nobler than them, as the apostle has written. Brethren, let us be armed with it and reconcile each other. Let us glorify the Good Lord who has given it to us. Let us exalt and magnify His Holy Name for ever.

Shubho. Men olam.

4. By fasting, all ancient righteous became virtuous and received crowns and they became glorious and were magnified in the creation. Behold, they delight in the bridal chamber. Glorify Him....

Psalm 113; (p. 128)

Shubho. Men olam.

Eqbo: Awaken me O Lord, for the sound of praise from the angel's mouth that I may sing Your glory in the morning. I have opened my lips to glorify, saying: 'My Lord and My God, have mercy upon me'.

Stomen Kalos.

Promiun and Sedro.

Qolo.

1. See those who fast, how you accept the fast that magnifies everything. May the body and soul be covered from all evil and our fast be for Your pleasure and reconciliation and for the forgiveness of our debts.

Shubho.

2. How swift is the wing of the fast which makes the earthly beings to ascend to the heights! Everyone who fast and does not mix falsehood with his fast, is mingled with the spirituals and enjoys the delights of the paradise.
3. Our Lord, I knock at Your door and beseech mercy from Your treasure house. I am a great sinner and I have turned from Your way. Grant (me) to confess my sins and to leave them and to live by Your grace.

Moryo rahem alien.

Another qolo

1. Our Saviour fasted and prepared the way of life for us that we shall walk in it towards His Sender, without being stumbled, and we shall rejoice spiritually and calmly before Him like the watchers above.

Barek mor. Shubho.

2. The Ninivites fasted and were redeemed from affliction. They humbled themselves and with

repentance and tears of immense sorrow, they removed the wrath of the Lord. The Lord reconciled with them and answered them.

Men olam.

3. The treasure of the soul is being filled up now. Let us not be lazy and negligent, for the enemy is watchful and is continuously (looking for) harming us, and laying in wait to capture by his craft.

Moryo rahem alien..

Bo'utho of Mar Jacob:

1. Christ who received the fasting of the just and the righteous, accept our fasting and prayers and have mercy upon us.
2. Behold the day for the work of justice has arrived. O Sinner, hasten your course in repentance. Be a companion to the labourers whom the Lord of the vineyard has hired, and receive the Dinar and be a guest in the banquet hall.
3. Fast is good and if any body fasts without love, his mouth becomes stinking (or stagnant), his abstinence is without any profit. Prayer is beloved and if love does not make it to ascend, its wing is weak and it will not see the Exalted one in His place.
4. Christ who accepted the fasting and humility of Moses, hear our supplications and have mercy upon our souls.

Morning Praise of the Great Lent.

1. Lord of all, by Your mercies, make us worthy to be preserved today in justice, without the scars of sin.
2. Blessed are You, O God of our fathers, and Your name is magnified and glorified for ever and ever. Amen.
3. O Lord, may Your grace and mercies be upon us, for our trust is in You.
4. Blessed are You, O Lord. Teach us and show us the way of Your commandments.
5. Blessed are You, O Lord. By Your grace, make us to understand the way of Your laws.
6. Blessed are You, O Holy one. Enlighten us all with Your rays.
7. Lord, may Your mercies be upon us forever. Lord do not neglect or leave the work of Your hands.
8. There befits You glory; there befits You honour and there befits You praise, Father, Son and the Holy Spirit, forever and ever, Amen.

Morning praise:[We shall say thrice and bow down].

It is good to give thanks to the Lord and to sing praise to Your exalted name and to proclaim Your grace in the morning and Your faithfulness in the night.

[Standing erect] we shall say

Lord, hear my voice in the morning and in the morning, I have prepared myself to be present before

You.⁸ Lord, have compassion on Your people; Lord pardon and forgive the sins of all of us. Holy One, overshadow Your right hand upon us and pardon our infirmity, because Your name is forever.

MONDAY THIRD HOUR

Qolo

1. With grief and pure fast, let us beseech Jesus, our victorious King and the Lover of men. He is accustomed to reconcile, as He had reconciled with the Ninivites who beseeched Him with fasting and prayer. Blessed is the Lord, who does not turn away from the supplication full of repentance and extends [His] hand to the penitents. Have pity and mercy upon us.

Shubho ; Men olam.

2. Blessed is he who abstain from vice, and keeps a fast of discernment with pure heart. He has been made a perpetual (and) holy temple, and in it, God is being ministered secretly and openly. O Lord, may our supplication be for Your persuasion (*phyoso*). By Your compassion, reconcile with us; have pity and mercy upon us.

Moryo rahem..

Bo'utho of Mar Balai

1. Christ, who, by His fast, redeemed us from error, accept O Lord, our fasting and have mercy upon us.

2. Blessed are those who fast perfectly (and) fast from every passion that passes away and perishes, for the bridal chamber and the kingdom are preserved for them in Eden.
3. Elijah fasted for forty days and ascended to heaven in a chariot of fire. He who fasts is always in heaven.
4. Lord of those who are above and the hope of those who are below, accept our fasting and have mercy upon us.

MONDAY MID-DAY

Qolo

1. Behold the greatly powerful fast which carries advantages, has arrived. Brethren, let us receive it with purity, for in resurrection, it gains confidence for us in the court of judgment and mingles us with the spirituals. *Shubho*
2. In the furnace, Hananiah and his companions wrote a letter to Daniel: 'Come and join us in prayer'. Daniel wrote in reply: 'Do not be terrified by fire which the Chaldeans have kindled for you'.

Bo'utho of Mar Ephrem

1. Lord have mercy upon us; the Son who has freed us by His fast.
2. By the fast that Moses had kept, the skin of his face became luminous. When he fasted for forty

days on the high mountain of Sinai, his face became shining better than the sun with its rays.

3. Fasting is an invincible weapon. He who fights with it, is not defeated. O man of discernment, take it and go out for fight and war, for it is the weapon of salvation with which the true (fighters) were glorified.
4. Lord have mercy upon us, the Son who has freed us by His fast.

*By the prayer of Mary.. [m'anitha of Severus];
(p. 129-130)*

Qauma;

We believe.

Kyrie eleison; Lord have mercy upon us; Lord have pity and mercy upon us; Lord answer and have pity on us.

Each response shall be repeated 10 times followed by bowing down.

Glory to You, Our Lord. Glory to You, our Lord. Glory to You our hope for ever. Amen.

Our Father, who art in heaven....

MONDAY NINTH HOUR

Qolo

1. Blessed is he who keeps the holy fast with purity and divides his bread among the needy from good heart. There he will receive reward from that Merciful Lord and will inherit the kingdom.

2. Moses kept the pure fast and shined like sun. Prophet Elijah was lifted up by the fasting of the spirit. May we please You O Lord , with pure and holy fast and inherit the kingdom.

Bo'utho of Mar Balai

1. Christ who, by His fast, saved us from error, accept O Lord our fast and have mercy upon us.
2. He who keeps the fast of our Saviour, shall cut off his thoughts from all passions and turn his gaze towards God.
3. Let us be diligent in fasting, prayers, vigil and worship (*teshmeshto*) when we have the chance, for by them, one gains imperishable life.
4. Lord of those who above and the hope of those who are below, accept O Lord, our fast and have mercy upon us.

Here ends the prayer of Monday.

TUESDAY EVENING

Ps. Lord I have called upon You.. [Ps. 141; 142; 119:105-112; 117] (p. 113-114)

Enyono

1. Lord, when we call upon You, hear the voice of our supplication and have mercy upon us.
2. We beseech Your mercies O Lord. Hear the voice...

3. On account of Your grace, accept Lord, our fasting and prayer and pardon our debts.
4. By Your mercy and compassion O Lord, hear the voice....
5. By Your great fast for us, hear the voice... *Shubho; Men olam.*
6. Let us offer glory to the Father, Son and to the Holy Spirit.

Stomen Kalos.

Promiun; Sedro

Qolo

1. 'This is the pure fast', cries out the prophet and he preaches to us its manners as to how we should keep it: 'Loose the knots of wickedness from your mind; cut off the bundles of deceit from Your heart, dividing Your bread to the needy and welcoming strangers to Your house'. (Is. 58:6-7). *Shubho*
2. The day of suffering approaches and terrifies us. Come brethren, let us approach Him with fasting and prayer. The just and the righteous also approached Him and received help from Him and crowned with victory. Behold David, Son of Jesse witnesses: 'The just inherit the earth and dwell on the imperishable world for ever'. *Memo lam..*
3. O Lord, we call upon You. Come for our help. Behold the evil troubles the world with his craft. He wages war among kings and stirs up the judges. 'If possible, he leads the elect also into error', as it is written. Therefore in whom shall we

take refuge, my Lord, if not in Your loving kindness? By the sign of the cross, banish the evil from us.

Moryo rahem.. 'etro

Another qolo

1. The evil one saw our Lord being hungry, for He became man voluntarily. Through food he fought against Him to conquer Him like Adam. *Hal. Hal.* Blessed is He who extinguished his power.

Shubho.

2. 'Go Satan', said our Lord to the evil enemy, 'for it is written that you shall serve the Lord Your God and Him alone you shall worship'. *Hal. Hal.* He has created all.

Men olam.

3. O Lord, day after day I promise that tomorrow I will repent. Days pass on and my debts continue to exist. May Your mercy be moved towards me. *Hal. Hal.* May I live by Your grace.

Bo'utho.

1. Christ who accepted the fast of the just and the righteous, accept our fasting and prayers (and) have mercy upon us.
2. Pure fast is a great weapon for everyone who is diligent. Without it there is neither fight nor victory. O man of discernment, who runs to gain

life, be gird up with it, for it is a great weapon for him who puts on it.

3. Who can comprehend the exalted beauty that fasting (helps to) gain, or who will narrate its splendour as it is? It is a great possession, treasure and richness that cannot be pillaged. Blessed is Christ who has given it as a weapon that we may be glorified by it.
4. Christ who accepted the fasting and humility of Moses, hear our supplication and have mercy upon our souls.

Our Lord Jesus Christ... (p.12)

Qaumo.

SUTORO (from the Shehimo)

TUESDAY LILYO (NIGHT)

Awaken us, O Lord...

Ps. 134; 119:169-170; 117. (p. 118-120)

1. My beloved, let us awaken ourselves in this holy fast and be diligent in labour and receive full reward. Glory to You..
2. With vigil, fast, prayer and the work of justice, let us inherit eternal life and the kingdom of heaven. Glory to You..

3. Let us be not grown weary by the labour with our Lord, for He will give us good reward, when He will come with His great glory. Glory to You..
4. Blessed is He who is diligent and gains the spiritual life, by the labour of justice in the great vineyard of Christ. Glory to You..

Shubho.. Men olam.

5. Blessed are you, those who fast, each and everyone, if you fast with purity. Come let us fast with discernment. Glory to You...

Kyrie eleison. Kyrie. Kyrie.

Eqbo

I know my Lord, that You are compassionate and merciful. At the moment of mercy, O Merciful! Jesus, the hope of those who beseech You, shower forth Your mercy upon the sinners who beseech mercy. *Kyrie eleison. Kyrie. Kyrie.*

Qolo

1. The harp of the Holy Spirit, halleluiah. By his psalms, David son of Jesse, called me and awakened me from sleep which was fallen on my members, and told me: Rise up, O man! Why do you sleep? The bribe reaches the judge in the night. Rise up, pray and beseech forgiveness, for your Lord is pleased with tears. His door is open for the penitents night and day. *Shubho.*

2. O Lover of man, I have remembered You on my bed and in night, I have meditated upon You, for Your are terrible. I looked at my blemishes and defilements and I am ashamed to call upon You. The robber, the Canaanite woman, the woman who was afflicted (*mmahioto*) as well as the Samaritan woman encouraged me and told me: draw near and receive mercy, for Your Lord is compassionate.

Bo'utho of Mar Jacob

1. We call upon You, Lord our Lord, come to our help; hear our petition and have mercy upon our souls.
2. The feeble soul says with pain: who will give me the beauty that I was wearing before I have sinned. If the merciful God does not receive me, who can restore to me the beauty which I have lost?
3. Come the soul, the image of the king which has lost your beauty. Behold Your beauty is in the hands of Your Lord and it is preserved for You. As soon as you come (to Him), He gives (it) to you as He has promised. He is very much attentive and he is looking for restoring it to You.
4. Answer, O Lord answer, and have mercy upon us and turn the hearts of the sons of man to repentance.

SECOND QAUMO

Blessed be the glory. (p. 118)

Eqbo

Woe to me! (Though) I was among the just, I did not profit it. Since I have not learned from their way of life and I became a stranger to their banquet. Behold my evil actions have expelled me from their ranks. *Kyrie eleison, Kyrie, Kyrie...*

Qolo

1. In the night, before God, David sang the songs of the Holy Spirit with the strings of his harp. In the night I woke up to praise Your name on account of Your beautiful laws that You have instituted for us. You have created me in Your image and likeness and You have adorned me with reason and freedom and You have made me a beautiful work of Your fingers. *Shubho.*
2. In the night, awaken my mind, O Son of God, that I may sing glory to Your grace and to praise Your greatness. The evil desires made me sunk in the ocean of debts. Behold I am sunk in sleep that I may not praise Your glory. Awaken me, that I may rise up and praise You and worship You and to take refuge in Your compassion and to cry out with confidence: Glory to You O Lord! *Moryo rahem alain.*

Bo'utho of Mar Ephrem

1. Our Lord, have mercy upon us. Lord accept our service.
2. In the night, let those who are below praise with watchfulness, along with those who are above. And let them offer hymns of glory to the Watcher who never sleeps.
3. My beloved, let us not be immersed in sin as in a sleep and let us keep vigil at the door of the bridegroom that we may enter the bridal chamber with Him.
4. O You who hear prayers and answer requests, hear our prayer and be reconciled with us and by Your mercy, answer our requests.

THIRD QAUMO

Blessed be the glory... (p.118)

Eqbo

Great Ocean, full of mercy, may I be rescued by You from the destruction (*lit*: drowning) of this world as in the case of Peter from the surging of the waves, for You are the port of peace for those who trust in You. *Kyrie eleison, Kyrie, Kyrie.*

Qolo

1. O Lord, we call upon You. Come for our help. Behold the evil one troubles the world with his craft. He wages war among the kings and stirs up the judges. 'If possible he leads the elect also into error',

as it is written. Therefore, in whom shall we take refuge, my Lord, if not in Your loving compassion? By the sign of the cross, banish the evil from us. *Shubho*.

2. There is no favour in Your judgement, our Lord! Therefore I am sad, for I am guilty. When the terrible books are opened and Your justice reads out my debts, may Your grace have pity on me. May Your grace beseech Your justice and may my guilt receive forgiveness. I do not deny that I have sinned my Lord! Have mercy upon me.

Moryo rahem alain.

Bo'utho of Mar Balai

You who have compassion.... (p.28)

Halleluiah; Halleluiah; Halleluiah;

Magnificat; Ps. 148; 149; 150. (p.120-122)

QAUMO D'TESHBUHTO (QAUMA OF PRAISE)

Qolo

1. By the fast he had observed, Daniel won victory over the beasts. Hananiah and his companions quenched the flames. Elijah ascended to heaven in a chariot of fire. Joshua, son of Nun withheld the sun and the moon in the firmament. Blessed is he who is gladly engaged in fasting and prayer. The kingdom and the bridal chamber of delights are opened to him. *Shubho*

2. This is the pure fast, for it gains the wings of the spirit to our souls to ascend to heaven. You shall be chaste, pure and full of love. Let your mouth be free from iniquity and your heart from deceit. Be filled with love for your brother and love him who hates you. Then the Lord will hear your supplication and will have mercy upon you. *Moryo rahem..*

Bo'utho of Mar Ephrem

1. Our Lord, have mercy upon me, the Son who has set us free by His fast
2. By the fast that Moses had observed, the skin of his face shined. The vision of his face brightened better than the rays of the sun. For forty days, he fasted upon the high mountain of Sinai.
3. Glory to the compassionate Father, who redeemed us by the fast of His Son. Praise to the Son who is from Him, who gave us victory by the fast He kept. Worship to the Holy Spirit who rejoices and is pleased in the fasting.
4. Lord, have mercy upon us, the Son who has set us free by His fast; Christ who fasted for us, accept our fasting and prayer.

Praise of the angels; (p.122-123)

Our Lord Jesus Christ.. (p.12)

qaumo

TUESDAY MORNING

Ps. 51; 63. (p. 124-126)

Enyono

1. Christ (our) God, who taught us to win victory over the evil one, the enemy with fasting and prayer, I have bowed down before You⁹. Have mercy upon me.
2. Christ (our) God, You have redeemed the Ninivites by Your mercy, by (their) fasting, prayer and the tears of repentance. I have...
3. Christ our God, who by the fast, has delivered us from the error of sin and Satan, I have...
4. Christ (our) God, who for the sake of our salvation has fought a war against Satan and banished his authority from us, I have...
5. God who, through fasting, strengthened (us) that we might be spiritually nourished with the divine teachings. I have.. *Shubho; Men olam..*
6. He who does not desire the death of the sinner, but that he might repent and be redeemed from his evil way, I have...

Psalm 19. (p. 126-127)

Enyono

1. My Lord, I am the lost sheep, which has left the way of life and run after vanity. Good Shepherd! Go out to seek me. Do not leave me to be lost completely. But count me in Your sheepfold along

with the tax collector, that sinful woman, and with those wise virgins, may I be held worthy to enter Your bridal chamber.

2. Pardon my debts, O God and forgive all my iniquities for I have sinned and angered You, O Lord! Like the sinful woman, I implore. Absolve me O Lover of men, so that, when You come with glory, I may sing praise to Your grace in the congregation of Your saints.
3. Like that prodigal son, with sigh, I call upon You: My Father, have pity and have mercy upon me. I have sinned against heaven and before You. Receive me like a hired labourer. I shall become a servant in Your house. Pardon me all that I have sinned against You, (for) You are the merciful God.
4. O Lord, I am terrified when I heard that in death there is no memory of You and in Sheol, who will praise You? Therefore, I implore earnestly with all my heart. I will glorify the Lord in my life and I will sing to him while I exist, for He is the One who delivers me from the judgement.

Barek mor. Shubho. Men olam.

5. Hear O Lord, the prayer of Your servants, for behold, we knock at Your door and look at our sighs and repentance that we offer. Do not turn away your gaze from us. For the godless people are standing against us. But, with Your mighty hand, redeem us and have mercy upon us. *Kyrie eleison..*

Is. 42:10-13. (p. 127-128)

Enyono

1. Come let us purify by repentance and tears, the soul which has been polluted by the multitude of iniquities, and the defilements of sin and the evil. Let us implore the Lord with sorrow, saying, 'have pity, O Compassionate One! For He is glorious.
2. May our fast be pleasing to You, O Lover of men and our prayers be accepted before Your majesty! As You have reconciled with the Ninivites who beseeched You with repentance, reconcile with us, O God and receive our fast and prayer and forgive our debts and sins.
3. May the lamb of Your sheepfold be fattened spiritually in the meadows of fasting and rejoice with holiness, be led in chastity and be preserved in purity. The King of kings, the Maker of diadem, through holy fast, has given high-priesthood to the house of Levi and apostleship to the house of Simeon. *Shubho. Men olam.*
4. In the land of Babel, by fasting which he had kept, Daniel shut up the mouth of lions., that they shall not harm him. Again by the fast, the children put out the flames. Also the Ninivites were delivered from the wrath, through the fast of repentance that they offered to the Lord with groaning.

Ps. 113. (p. 128)

Eqbo : In the joyous light the angels serve Your Godhead and at the appearance of morning, the entire creation hastens to worship Your majesty.

Stomen kalos.

Promiun - Sedro.

1. Brethren, let us labour diligently in fasting, for it is the weapon with which those who were perfected in Christ won victory. By it our Lord fought against the evil one. By it, upon the mountain, Moses became shining. By it, Elijah was lifted up in a chariot. By it, the just were glorified and the martyrs were crowned. Halleluiah. Blessed is He who gave it to us. *Barek mor. Shubho.*
2. The fasting from bread and water is counted as a minor fasting. If there is almsgiving in it, it is great before the Lord. Great is the reward of him who fasts and gives (alms) to the needy and his fasting is accepted. If any one who has nothing to give, mixes love with his fasting, he is mingled with the spirituals and held worthy of the bridal chamber, halleluiah, in the day of the resurrection.
3. Moses fasted on the Mount Sinai for forty days and his face became shining by the splendour of the Lord, and he received the ten commandments from him, inscribed on the stone tablets. Blessed are you the faithful Church, for, by your fasting, you partake of the living sacrifice. Blessed is the

Lord who magnified You, halleluiah in heaven and on earth. *Moryo rahem..*

Another qolo

1. Blessed is He who, by His fasting, had won victory over the adversary and opened for us the way that leads to the kingdom and gave us the weapon with which we might fight and inherit the kingdom and imperishable life, Halleluiah, Hall. Our Lord, blessed is Your fasting, by which the evil one was conquered. *Shubho.*
2. The bread and water that our Lord has given for the life of the body do not cause sin or declare righteous. Keep away from evil and do good. This is the fasting that pleases the Lord. Hal. hal. Our Saviour, grant us that our fasting may be pleasing to You. *Men olam.*
3. Willingly I sin and willingly I repent. I hold the argument that Satan enslaved me. Woe to me, for I have sinned and woe to me, for I did not repent. Woe to me because of the coming judgement in the end hal. Hal In the day of Your judgement, O Lord, have pity and have mercy upon me.

Bo'utho of Mar Jacob.

1. Christ who accepted the fasting of the just and the righteous, accept our fasting and prayers and have mercy upon us.
2. At this time when the stomach is deprived of food, o mouth, speak and speak and gain the one who

hears you. At this time the riches of the Spirit are being gathered up; every one shall awake and fill his baskets with virtues.

3. Glory to God who has given us the unchanging riches (namely) the pure fasting full of riches for those who love it. Blessed is He who has given it as a great sign to the Church and her children. Behold he glorifies Him and the Father who sent Him and the Holy Spirit.
4. Christ who accepted the fasting and humility of Moses, hear our supplications and have mercy upon our souls.

Morning Praise of the Lent: (p. 128-129)

Lord of all..

Ordinary morning prayer: It is good to give.. (p.36)

TUESDAY THIRD HOUR

Qolo:

1. Brethren, let us love one another. This is the completion of the commandments. There are people who fast from bread and filled with jealousy and grudge. There are people who abstain from wine and kill companions secretly. *Shubho*
2. Through the fasting which Daniel fasted, he shut up the mouth of the lions. Hananiah and his fellow children put out the flame. Let us fast with purity that we may rejoice with the spirituals. *Moryo rahem.*

Bo'utho of Mar Ephrem

1. Lord, have mercy upon us, the Son who has set us free by His fasting.
2. Come, let us offer the offerings of discernment to the King of kings, with heart free from impurity that our Lord may hold us worthy of His vision when He comes with the glory of His Father.
3. Those who fast! Offer glory to God with Your labours and good fruits of praise with Your beautiful manners of life. Sanctify your bodies and souls that He may dwell in them.
4. Lord have mercy upon us; the Son who has set us free by His fasting. Christ who fasted for us, receive our fasting and prayer.

TUESDAY NOON*Qolo:*

1. In the morning in which the light dawns, greatly blessed are those who fast, for, with the just and the righteous, they will partake of the banquet in the kingdom above. Their mind rejoices and exults in the rewards of their works. *Shubho*
2. The generation of those who fast with purity is mingled with the watchers. He is made a companion of the glorious who excelled with their fasting. The evil one cannot approach them, for the Lord is his guardian.

Bo'utho of Mar Ephrem

1. Lord, have mercy upon us...
2. If your fasting resembles honey and your tongue takes part with bitterness, the sweetness is turned into the taste of bitterness.
3. Christ who fasted for us, glory to You and have mercy upon us. Have mercy upon us both in this world and in that which is to come.
4. Lord, have mercy....

TUESDAY NINTH HOUR*Qolo*

1. Brethren, let us be diligent in pure fasting, prayer, tears and vigil in the night, for by them we become companions to the angels and watchers above and we will inherit the kingdom. *Shubho*
2. This is the fasting that our Lord has commanded to us: do not hate the brethren and the neighbours and love those who hate us and love our enemies.

Bo'utho of Mar Ephrem

1. Lord, have mercy...
2. By fasting, Nineveh, the great city of the mighty men was redeemed. Mourning passed away from it by supplication and entreaty.
3. Come let us take refuge in fasting, which is a hard labour, for Elijah took refuge in it and he ascended to heaven in a chariot.
4. Lord, have mercy...

WEDNESDAY EVENING

Ps. 141; 142; 119:105-112; 117. (p. 113-114)

Enyono:

1. Come brethren, let us take refuge in pure and holy fasting, as the just have taken refuge in it and have pleased the Exalted God.
2. Moses fasted and shined. Elijah fasted and was taken up. Inside the furnace, the children fasted and put out the flame.
3. Moses fasted and brought down the stone tablets of commandments for Israel. And let us (also) fast with purity, that we may inherit the kingdom. *Shubho. Men olam.*
4. The Church is glorified by the fasting and by the works of justice and drives away gluttony from her and puts on asceticism.

Stomen kalos.

Promiun; Sedro.

Qolo

1. One who leaves the service of the Lord and wander about, resembles a lamb snatched from the sheepfold by a wolf. You are the lamb of the Living God and the evil one is the snatching wolves. Come the outsiders, and join the insiders, for the bridegroom sees you and rejoices. He will open his door for you, halleluiah and you will enter his bridal chamber. *Shubho.*

2. If one sows (*sra'*) alms and passes away from the world, when comes the day of resurrection, he reaps them. Blessed is he who sows the alms, fasting, vigil and the works of discernment. Behold he is looking for Christ who will come and will give the (the rewards) that ear has never heard and heart has never meditated. Hal. hal. *Men olam.*
3. Our Father who art in heaven, answer us, for we call upon You. For we have no other Father who can help us. While we were not existing, You were pleased to create us. Now as we exist, may Your wrath not destroy us. Teach us O Lord, Your commandments that we may keep them and please You with the works of justice, halleluiah, by Your mercies, have pity on us. *Moryo rahem..*

Another qolo

1. In his prophecy, with his hymns, he announced to us: 'This is the fasting that pleases the Lord. Give one's bread to the hungry and to the afflicted and clothe the needy with out hesitation (*lit. without fear*)¹⁰. Every one who does these things will never be shaken. He will be like a tree planted near water, whose leaves do not fall down in summer or in winter. *Shubho.*
2. From generation to generation, the righteous were glorified by pure fasting and pleased God and inherited the kingdom. By his fasting, Moses saw his Lord on the mountain. By his fasting, Daniel

subdued the lions. Hananiah and his companions, by their fasting, were not burned up by fire. My brethren, let us be diligent in fasting which is an unconquerable weapon and let us please God by the manners of virtue. *Men olam.*

3. I have considered all things and I have not seen anything better than the fear of the Lord; blessed is he who has loved it. Joseph the just loved it and he became king in Egypt; Moses the great loved it and he divided the sea with his staff; Hannaniah and his companions loved it and it delivered them from the fire. It is more desirable than gold and sweeter than the honey comb; blessed is he who loves the fear of the Lord.

Bo'utho of Mar Jacob

1. Christ who accepted the fasting of the just and the righteous, accept our fasting and prayers and have mercy upon us.
2. If any one fasts from bread and sins by word, what profit is there? He builds up and pulls down and loses his reward. If he fasts and was justified and speaks boastfully, he damages his justice, his stomach is empty and his fasting is not accepted.
3. Glory to the Good One who chooses the congregations to praise Him and makes them participants in His glory with Him. O Merciful One, have pity upon the dust that Your hands have fashioned. May we praise Your name and Your Father who sent You and the Holy Spirit.

4. Christ who accepted the fasting and humility of Moses, hear our supplication and have mercy upon our souls.

Sutoro (from the Shehimo)

WEDNESDAY NIGHT (LILYO)

Awaken us Lord... Ps. 134; 119:169-176; 117. (p.118-120)

Enyono

1. Brethren, let us leave off the evil and be more diligent personally and be active in repentance and reject laxity from us. Glory to You; glory to You; glory to You, O God. Have pity on us by Your mercies, O Compassionate One.
2. We spent our days with despicable works. Let us beseech mercy from the Lord before the time passes. Glory to You...
3. Brethren, let us cast off hatred and put on the weapon of virtues and offer sacrifices of discernment to the King of kings. Glory to You...
Shubho- Men olam..
4. Come brethren; let us be diligent in fasting before it passes. Let us gain treasures when there is time for trade. Glory to You...

Kyrie eleison, Kyrie.. Kyrie..

Eqbo: O Lord, I will confess my faults and defects that the elect may beseech mercy for me, for forgiveness

for the sinners has been entrusted into their hand, lest they may be deprived of hope They offer prayer and brings down forgiveness. They bind and (their prayers are) heard, they lose and do not forbid. Our Lord has made them stewards and they distribute his riches among the needy. *Kyrie eleison, Kyrie. Kyrie..*

Qolo

1. I have not seen anything better than the fear of the Lord. Blessed is he who has loved it. Joseph the just loved it and he became king in Egypt. Moses the great loved it and he divided the sea with his staff. Hannaniah and his companions loved it and it delivered them from the fire. It is more desirable than gold and sweeter than the honey comb. Blessed is he who loves the fear of the Lord. *Shubho*
2. Paul wrote me a letter and I sat down and read it and while I was reading it, tears flown from my eyes, for it is written there: woe to adulterers and shame upon thieves! Again it is written: for the blasphemers there is a fire which is not quenched. Woe to me, for all these things I have done from my youth! Like the sinful woman I cry to You, and like the publican I beseech You; merciful Lord, have pity and mercy upon me. *Moryo..*

B'outho of Mar Jacob

1. We call upon You Lord our Lord! Come to our help; hear our petition and have mercy upon our souls.

2. O man of discernment, when you hear the sound of the bell (*semanthron- noqusho*), with joy long for it and hasten your way to the holy church. Come to the church for prayer and with your mind being recollected without leaving to wander about.
3. Ask him pity and mercy and like a weak man, for He is compassionate and with compassion He answers him who calls upon Him. You will inherit new life with that congregation of the just who loved the Father, Son and the Holy Spirit.
4. Answer me O God, answer! Have mercy upon me and turn the hearts of the sons of men to repentance.

SECOND QAUMO

Blessed be the glory of the Lord... (p.118)

Eqbo: My Lord, since I have not renounced Your holy name, may I not become a shame to those who know me. Since I have confessed You before the sons of men, confess me before Your Father. O Lord, since I have eaten Your body, hold me worthy of Your kingdom and since I have drunk Your blood, may I be held worthy of Your delights. When You come with the glory of Your angels, pardon my debts by Your grace.

Kyrie eleison, Kyrie. Kyrie..

Qolo

1. I, Ephrem, am dying and I write my testament that it may be a witness to my disciples after me;

be assiduous in prayer day and night. When the plough man ploughs twice, his harvest is good. Do not be like the slothful, whose fields sprout thorns; be assiduous in prayer, for he who loves it receives great reward in this world and in the next.

2. I was passing by the sea shore and I was watching the fishes which were devouring each other and I was standing with astonishment. I thought in my mind: In the world there are men who devour one another. (Then) why should I blame the beasts that do not come near to the judgement? I should blame the sons of men, before whom the judgement stands and yet devour one another. Blessed is He who bears with them.

Bo'utho of Mar Ephrem

1. Lord, have mercy upon me and accept O Lord our service.
2. You are the ocean of mercies and our iniquity is like a drop of filth. One drop cannot make an ocean turbid.
3. Glory to Your great love which was shed for the sinners. Glory to Your purity, which will not become turbid by our iniquity.
4. O You who hear the prayers and answers the requests, hear our prayer and be reconciled with us and by Your mercy, answer our requests.

THIRD QAUMO

Blessed be the glory of the Lord ... (p.118)

Eqbo : Woe to me, my friends and my beloved. Woe to me for I was lost from the Lord. In the banquet, my lamp was extinct and I was expelled to the outside darkness. I am in the filthiness and I have become abominable to the angels, and a companion to Satan and a slave to sin. Woe to me, if I do not repent. I will be rejected into the outside darkness.

Kyrie eleison. Kyrie. Kyrie.

Qolo

1. God who does not deny his mercies from the sinners who call upon Him, by Your mercies, forbid and remove from us the afflictions and the rods of wrath. Grant us months of joy and years of prosperity. By the great sign of Your cross, drive away the Evil One from us, that we may praise You for Your grace. *Shubho*.
2. God, who received the supplication of the son of Mathai (= Jonah) from inside the ocean and commanded the mighty fish (*nuno 'ashino*) and on the third day it disgorged him, hear our prayer and reconcile with us and by Your mercies, answer our requests. Even though we have angered You, the martyrs who died on account of Your love, will appease You on our behalf. *Moryo..*

Bo'utho of Mar Balai

1. You who have compassion on sinners, have compassion on us on the day of your judgement,
2. And forgive our offences in the abundance of your grace.
3. At Your door, compassionate one, those who are afflicted knock; answer their requests in Your mercy.
4. Your door is a door of mercy, Jesus full of mercy; he who enters burdened with sins, goes out loaded with mercy.
5. Our Father in heaven, we beseech You, receive our service and have mercy upon us.
6. Glory to him who said: call and I will answer; knock and I will open; ask and I will give.
7. Lord of those above and hope of those below, receive our service and have mercy upon us.

Halleluiah, halleluiah, halleluiah, glory to You, O God etc. (p. 120-122).

QAUMO OF TESHBUHTO

1. By fasting, the sins and debts of humanity which was found guilty in Eden by the transgression of the commandment, are pardoned. By it, the exalted doors of the Paradise are opened, that Adam might enter and inherit the kingdom.
Shubho.

2. For those who have discernment, fasting confers the splendour of the angles and the wings of the Spirit to fly up to heaven. Brethren, let us be purified in the pure days of the fasting that we might inherit the life that has been promised forever. *Moryo.*

Bo'utho of Mar Jacob

1. Christ who accepted the fasting of the just and the righteous, accept our fasting and prayers (and) have mercy upon us.
2. See, not to hate your brother in your heart when you are fasting, lest the foul smell from your fasting reaches the king. See, not to curse the one who hates you when you are fasting, lest curses will make your fasting corrupt and will not be accepted.
3. Glory to the Father who removes the wrath by the fasting and worship to the Son who pardons debts by the prayers and praise to the Spirit who gave the fasting as a weapon to His Church. The three have one nature. To Him glory.
4. Christ who accepted the fasting and humility of Moses, hear our supplication and have mercy upon our souls.

Hymn of the angels; (p.122-123)

Our Lord, Jesus Christ.... (p.12)

WEDNESDAY MORNING

Ps. 51; 63. (p. 124-126)

Enyono

1. With fasting, the just of every generation pleased the Lord. May our fasting also pleases the merciful Lord.
2. With the fasting, Moses pleased the Lord on Mount Sinai and He gave him the commandments and magnified his splendour.
3. With the fasting, Moses saw wonder on Mount Sinai and the rows of the angels and the Lord is being extolled.
4. By the fasting of Elijah, his prayer was heard, and fire from above (descended) and received his offering.
5. By fasting and prayer, Nineveh was redeemed. Blessed is He who is diligent in prayer and fasting. *Shubho- Men olam.*
6. By the fast that our Lord kept, he taught His Church that by fasting, she shall win victory over the evil enemy. *Kyrie eleison.*

Ps. 19. (p. 126-127)

Enyono

1. Moses observed a pure and holy fast on the Mount Sinai and brought down the tablets, commandments and the laws for the house of

Israel. In his hands, he received them that were written with the finger of fire and he glorified God.

2. Daniel observed pure and holy fast and he was glorified by it. He was delivered from the devouring beasts. He praised and glorified the Lord who magnifies his worshippers, in the four quarter.
3. Elijah fasted for forty days, walking towards the Mount Horeb. By his fasting, he bound the heaven and the earth for long time. Brethren, with purity, let us fast from all passions that are passing and perishable.
4. O Church, praise the Son of God who, by His fasting, has taught her children to win victory over the adversary who fights against you. Behold the gluttony which killed our father Adam by the transgression of the commandment, has been expelled. *Shubho- Men olam*
5. Glory to the Father; thanksgiving to the Son who is from Him, with the Holy Spirit, one God, ineffable by the watchers and the angels. All creatures worship and glorify Him, for He had created them.

Is. 42:10-13. (p. 127-128)

Enyono

1. Our Lord, hold us worthy to keep the holy fast with purity from all evils and to please Your

divinity and to gain mutual love and to love our brethren and to find mercy and pardon.

2. By his fasting, the prophet Moses brought down tablets for the people of Israel. Elijah was lifted up. Daniel conquered the beasts. Brethren, let us fast and pray in order to inherit the kingdom. *Shubho- Men olam.*
3. Like that prodigal son, I beseech You, my Lord: Have mercy upon me. I have sinned against heaven and before You. Make me like one of Your servants. Pardon my debts by Your mercies and may I glorify and praise You for ever.

Ps. 113.

Eqbo. At the time of morning the creation hastens to worship him who has driven the darkness from it and sings praise: glory to You, O God.

Stomen kalos.

Promiun-Sedro.

Qolo

1. Both soul and the body ought to fast together. When the body fasts from bread, the soul should fast from evil. If the soul is not prevented from dwelling upon evil thoughts, the fasting from bread is vain. *Shubho.*
2. The prophet Moses fasted on the Mount Sinai for forty days. His body abstained from food and his soul from evil and he brought down the tablets

upon which were written the commandments for the people of Israel, laws, judgements and admonitions. *Men olam.*

3. Christ the King, always I am knocking at the door of compassion and I beseech compassion and mercy from Your rich treasury. I have taken refuge in You, my Lord. Help me, for I have confessed You. Do not put me to shame, for You are my hope and my strong confidence. *Moryo rahem.*

Another qolo. Quqoyo.

1. Blessed is he who humbles himself with pure fasting like the just king and the glorious prophet David. He remembered the Lord day and night and did not commit iniquity and walked in His ways. With purity, he raised his hands towards heaven and meditated the psalms day and night, halleluiah and inherited the kingdom. *Shubho.*
2. Blessed is he who keeps the fasting with love. In the imperishable life, he will rejoice with the spirituals. He who has (added) almsgiving to his fasting is very much excelled in his beauty. He becomes resembling to the spirituals and is mingled with them and inherits life, kingdom and unceasing blessings, halleluiah and sings glory. *Men olam.*
3. I regret that I am Yours by name alone, and by deeds and by faults, I am away from You. I desire to be a penitent, but my insolent will does not allow

me (to be so). I teach (others, but) I do not learn. I have made (others) to drink, but I am (still) thirsty. May the spring which was opened by the spear (cfr. Jn.19:34) quench my thirst, halleluiah may I drink and rejoice.

Bo'utho of Mar Jacob

1. Christ who accepted the fasting of the just and the righteous, accept our fasting and prayers and have mercy upon us.
2. Why do you fast, if you do not have pity on your neighbour? For this is the fasting that the Lord has chosen: Have pity on others. Oh Rich man, gain compassion in this world. Oh Poor man, see that you do not murmur against the one who gives.
3. It is a common duty to have mercy upon one's fellow human beings. If he does not have pity, he will be punished by justice. The rich having gold should know that he has been made a steward to manage his possession.
4. Christ who accepted the fasting and humility of Moses, hear our supplication and have mercy upon our souls.

Morning praise of the Great Lent: "Lord of all.." . Ordinary Morning praise: It is good to give thanks to the Lord... (p. 128-129), (p.36)

WEDNESDAY THIRD HOUR

Qolo

1. If the merciful Lord who was incarnate, fasted the holy fasting for our salvation, how much is it right that we should fast and beseech mercy and offer him repentance and ask for pardon. Brethren, let us fast from every evil, from deceit and calumny and say to him with confidence: Have pity and have mercy upon us.
2. When a merchant wants to go on a journey, he prepares the provisions for different countries. If the merchant goes for a short journey, he prepares the provisions for a short period, according to his need. Brethren, come let us prepare the provisions for the eternal journey, so that we may dwell in the royal city in the end of the days. *Moryo rahem..*

Bo'utho of Mar Ephrem

1. Lord have mercy upon us, the Son who has freed us by his fasting.
2. You are the ocean of mercies and our iniquity is a drop of mud. One drop cannot make an ocean turbid.
3. Glory to Your abundant love, which was shed for the sinners. Thanksgiving to the Father who had sent You and praise to the Holy Spirit.
4. Lord, have mercy upon us. Christ who has freed us by His fasting. Christ who had fasted for us, accept our fasting and prayer.

WEDNESDAY SIXTH HOUR

Qolo

1. Come grace and beseech with us as usual, for the world is looking at you, as a compassionate mother. Bring with you peace and tranquility and spread out your wings upon the sinful generation. You, who bear the keys of the house of God, open the door of repentance to the repenting sinners. Halleluiah. Halleluiah.
2. If the sinners have sinned and went astray by their deeds, have pity O Lord upon the infants, for You did become an infant. Have pity on the priests who have extolled You in the sanctuary and upon the (spiritual) labourers, who call upon You daily. Have pity, O Lord on the souls who are fallen into afflictions and give command that they may come to relief to live in Your hope. Halleluiah. Halleluiah.

Bo'utho of Mar Ephrem

1. Lord, have mercy upon us, the Son who has set us free by His fasting.
2. Our Saviour, restore us to life by that mercy with which You did create us.
3. A physician does not become renowned without (healing) the wounds. The mercy is not acknowledged without (forgiving) the debts of the sinners.

4. Lord, have mercy upon us, Christ who has freed us by His fasting. Christ, who fasted for us, accept our fasting and prayer.

WEDNESDAY NINTH HOUR

Qolo

1. The time told by our Lord has approached. Let us wake up brethren, when we have opportunity. Let us offer supplication with tears and repentance. With compunction, let us beseech the Lord to grant us mercy. Since Your holy mouth has said: 'Call upon me, I will answer', the soul and the body call (upon You, saying): 'Have pity and mercy upon us". *Shubho*
2. O Son of God, in Your Gospel, You have taught us that if the sinners repent, the angels rejoice. Behold, we knock at Your door with repentance and protect us under the wings of Your mercies to receive forgiveness. Receive us that the angels may rejoice and praise to Your grace may multiply day and night from the mouth of the watchers and men.

Bo'utho of Mar Balai

1. Christ, who by his fasting, saved us from error, accept O Lord, our fasting and have mercy upon us.
2. When the ranks of the judges enter and stand with shame before You with fear, be there O Lord, my trust, for I have looked at You.

3. O heavenly shepherd, when the sheep are separated at the left hand and the lambs at right hand, to feed (them) in Paradise, hold us worthy with Your lambs.
4. Lord of those above and the hope of those below, accept, O Lord, our fasting and have mercy upon us!

THURSDAY EVENING

Ps. 140; 141; 119; 117 (p. 113-114)

Enyono

1. By fasting, Moses became shining and he saw the Shekinah of the Most High and he received from Him the commandments to be brought down for the Hebrew people.
2. The mouth which abstains from bread shall abstain also from deceit. The door through which the king enters, iniquity should not come out.
3. Your mouth should fast from food as well as from iniquity. Subdue your tongue with your fasting, lest your fasting becomes blameworthy.
4. How fair and beautiful was the fasting that Daniel fasted in the pit. He taught the beasts fasting which the just saw and fasted with him. *Shubho*.
5. See the king of the City of Nineveh put on sack cloth and kept fasting that he should reconcile with God, who was angry with him because of his iniquity.

Stomen kalos.

*Promiun - Sedro**Qolo Quqoyo*

1. As I was passing by the tribunal, I saw there an oppressed and an oppressor (standing) one against the other. The oppressed stood on the right hand side and the oppressor on the left hand side. My Lord, hold me worthy to be an oppressed and not an oppressor, and deliver me from the judgement that has been kept for the oppressors, halleluiah and count me with the oppressed. *Shubho*
2. O Sinner, tremble at the judgement that is about to come and approach for repentance with tears, when there is time, and the prayer will be accepted. Supplicate here itself that there you may be comforted, lest death will come and take away your soul. Afterwards the supplication will cease and the tears (will become) worthless, halleluiah, Lord have pity on us. *Men olam.*
3. The door of God is opened day and night for the sinners, penitents, good and the wicked. From among the sinners, the sinful woman bears witness and among the penitents, Simon (Peter) who renounced You and among the good, the martyrs who were slain for Your sake and among the wicked, that thief who inherited the kingdom, hal. and hal. *Moryo rahem..*

Another qolo

1. Behold this world has been troubled more than the sea and its inhabitants stir up more than the waves. You are the peace of the creation that calms everything. The troubled earth is seated on the wickedness of its inhabitants. O Lord, You alone are good. The Church and her children call upon You. By the peace which is from You, may the entire creation find peace. *Shubho.*

2. The time in which we are fallen is short and brief. The storm that rushes into our minds is hard and intense. Perhaps even a single day does not pass without attracting our mind to the temporary life. The virtuous thoughts have left us and evil thoughts reign in us. Christ who has set us free by Your blood, have pity and mercy upon us.

Men olam.

3. Our Lord, there is no partiality in Your judgement. Therefore, I am sad, for I am guilty. When the terrible books are opened and Your justice reads my iniquities, may Your grace have pity on me. May Your grace beseech Your justice and may my guilt receive pardon. My Lord, I confess that I have sinned. Have pity and have mercy upon me.

Moryo rahem.

Bo'utho of Mar Jacob

1. Christ who accepted the fasting of the just and the righteous, accept our fasting and prayers (and) have mercy upon us.

2. Behold, all hours with their changes persuade me to offer glory to the One who established their limits. The morning knocked before the Lord and I rose up to see it. (But) the daytime entered and took me away and it went out for its activities.
3. The rich plunders, the poor lies and the prince takes by force, the oppressed laments, the oppressor boasts, the one who is silent is considered foolish, the humble is treaded upon, the wicked is being obeyed, the just is reviled. The world is disorderly and everything stands in hypocrisy.
4. Christ who accepted the fasting and humility of Moses, hear our supplication and have mercy upon our souls.

Lord Jesus Christ... (p.12)

THURSDAY SUTORO

Qolo from Shehimo etc.

THURSDAY NIGHT

*Awaken us, Lord... Pss. 134; 119-169-176; 117.
(p.118-120)*

Enyono

1. O sinner, rise up to repentance and when you have the opportunity, purify and whiten your defilements with tears and sighs.

2. When the fire roars in the upright judgement against the wicked, Christ, the King of glory, may I see Your mercy at that time.
3. Jesus the God, I call upon You and beseech (You), do not chastise me according to my deeds, O abundantly merciful one!
4. The timely prayer is useful for the wretched who became old by his sins and deeds, as it was useful for the thief. *Shubho. Men olam.*
5. My sins are numerous and my acts are evil. They have drowned me in their waves like the raging of the sea. Pilot of peace, draw me out!

Eqbo

I have believed in You, Jesus, for You are the Son of the Father. I have confessed you and not renounced You that You became Son to Mary. Since I have received Your body for our propitiation and Your blood for our pardon, may I be enriched by You until the end. When the kings stand before You without diadem, may Your grace have pity on me, for I have confessed Your being.

Kyrie eleison, Kyrie. Kyrie...

Qolo

1. Lord our Lord, where shall I go from Your Spirit? Where shall I hide from Your Majesty? If I ascend the height, eternally You are there. If I descend to Sheol, Your authority (is there). By Your mercy, have pity on me, and raise me at Your right hand

side. No one among the living can be justified before You. *Shubho*

2. Since my childhood, I have served before you, O King of deception and you have smitten me very much. Now I have become old and you are not satisfied with my life, and you incite the manners of youth in me. The Lord will see me and will claim (me) from your hands and by His loving kindness, He will rescue me from you. *Moryo rahem.*

Bo'utho of Mar Jacob

1. We call upon You, Lord our Lord. Come to our help; hear our petition and have mercy on our souls.
2. My Lord, I desire ardently that forgiveness comes towards me. Grant me tears, that I may beseech mercies when there is chance. I am thirsting for your mercies, for without them I could not exist. Ocean of mercies, pour out the abundance of Your loving kindness upon me.
3. I have finished my time for serving vanity. Receive me in the end of my life, and may I become Yours. The king of deception has rained his arrows to kill me. O Mighty One, anoint (*tush*) me with Your medicine and may I be healed.
4. Answer me, answer me and have mercy upon us, and turn the hearts of the sons of men to repentance.

SECOND QAUMO

Blessed be the glory of the Lord... (p. 118)

Eqbo: Jesus, Son of the Father, be our help; Jesus, Son of Mary, be our protection; Jesus, strengthen us; Jesus, guard us; Jesus, drive away the evil one from us; Jesus, forgive us our offences and sins; Jesus, have pity on us, when you judge us. Kyrie eleison, Kyrie. Kyrie.

Qolo

1. Lord our Lord, blessed is he who gains good name rather than gold and silver, for the world passes on, but good name does not pass. Blessed is he who diligently gains it halleluiah, for he is honoured in this world and in that which is to come. He will inherit the kingdom. *Shubho*
2. Woe to him who binds himself with this world, for it is a great fetter which can never be cut off. One who loves it cannot succeed and it is very much covetable and it seduces those who gaze at it. Blessed is he who, like a diligent merchant, gains the life promised for ever. *Moryo.*

Bo'utho of Mar Ephrem

1. Lord, have mercy upon us and accept our service and from your treasury, send us compassion, mercy and pardon.
2. When you stand for prayer, with passion recollect in your mind and put a bridle to your thoughts and hold them back in your heart.

3. Let your mouth be a censor and your lips be a fragrant incense and your tongue be a minister who pleases your God.
4. O you who hear the prayers and answers the requests, hear our prayer and be reconciled with us and answer our requests by your mercy.

THIRD QAUMO

Blessed be the glory of the Lord.. (p. 118)

Eqbo: (Though) I have grown old, my enemy Satan does not grow old. Though I have grown old, he compels me for the manners of the childhood. My life is approaching the end and I desire to sin. All these things happened by my (own) will. His weapon is stretched out and his bow is drawn, and he rains his arrows at me, and deliver me from his snares. *Kyrie eleison, Kyrie. Kyrie.*

Qolo

1. The Lord let the captives go halleluiah. In the night Simon Kepha came out of the prison and in the night the fetters fell down from the hands of Paul. And in the night, the bonds and the fetters of sins were cut off from our hands. *Shubho*
2. In the night a luminous star appeared to Jacob in the wilderness and in the night, the pillar of light stood for Israel. In the night make to shine the light in the hearts of your worshippers.

Bo'utho of Mar Balai.

You who have compassion (p.28)

Halleluiah.. Halleluiah.. Halleluiah.. (p. 120-122)

Magnificat. Psalms,

Praise to the Holy Trinity.

Qolo

1. Do not boast, you who have been fashioned from dust, for you are dust and the earth is your mother and tomorrow you shall return to it. Come, enter and see the haughty who are in the tombs. How they were made fearsome to those who see (them). Come down a little from the haughtiness, for the proud are being humbled. Put on humility which leads to the height. In it you are exalted. *Shubhho*
2. If the gold and the silver has mouth, they would have told those who possess them: 'Do not approach me! You have plundered me from the orphans and the destitute, from the widows and from the fields of the poor. Woe to you when the death arrives and leads your souls away. I shall remain here and for you, judgement and inextinguishable fire are awaiting. *Moryo rahem.*

Bo'utho of Mar Jacob

1. Christ who accepted the fasting of the just and the righteous, accept our fasting and prayer and have mercy upon us.

2. Why do the riches of this world lead you to error and confusion, that you hasten every day for the gain that does not profit you. Behold you are active in increasing your possessions everyday. When you have gathered it, all remain for a moment.
3. Call your possessions and bring your gold and gather together your riches. If it delivers you from calamity, let it be yours. If your possessions are unable to prevent the fever, where does it become useful? If it is of no use, why do you possess it?
4. Christ who accepted the fasting and the humility of Moses, hear our supplication and have mercy upon our souls.

Hymn of the angels. (p.122)

Lord Jesus Christ... (p.12)

THURSDAY MORNING

Ps. 51; 63. (p.124-126)

Enyono:

1. Blessed are those who fast, in the day of the resurrection, for they shall put on magnificence, splendour and glory.
2. By the fasting that our Lord had observed, He taught His Church to conquer the evil one and all his power.
3. The Lord is pleased in fasting and in prayer. He who strives for it is the temple of the Holy Spirit.

4. The Ninivites observed a holy fast with sack cloth and ashes, and they reconciled with God.
5. On the mountain, Moses fasted a holy fast and inside the thick darkness, his face became shining.
6. Glory to the Father who did send His Only Begotten and He fasted for us and taught us to fast. *Shubho- Men olam.*
7. Glory to the Good One who promised wages and reward to the just and to those who fast. *Kyrie eleison.*

Ps. 19. (p. 126-127)

Enyono

1. The face of the prophet Moses became shining by fasting, when he brought down the two tablets of the commandments for the people of Israel. He became luminous like sun. We also brethren let us fast and pray and inherit the eternal kingdom.
2. Come, you who fast, be diligent in these days of the fast. With vigils, prayers, tears and groaning, let us beseech Christ to forgive our debts and sins, for the time is short and the end stands at the door.
3. By the pure fasting that Daniel had observed in the land of Babel, he became capable of having the strength to conquer the lions in the pit. We our Lord, take refuge in fasting and prayers. May your mercy come quickly towards us, for You are the One who loves the penitents.

4. This is the fasting by which the just became virtuous and gained victory. The earthly ones fasted and became shining and were mingled with those who are in heaven. Fasting is an unconquerable weapon and a fortress that will never fall and a strong rampart that the thieves cannot subdue. *Shubho – Men olam.*
5. Our Saviour completed his course with fasting, suffering and humility. By His fasting, he raised our fallen condition and straightened our bent, and by His suffering, he repaid our debts. Blessed is His humility for our sake. Glory to Him who endured all these things for our mortal race. *Kyrie eleison, Kyrie. Kyrie.*

Is. 42:10-13. (p. 127-128)

Enyono

1. By the fasting which God had exhorted (to keep), let us beseech with one voice that His peace shall reign in us and with joy we might praise him.
2. Brethren, let us fast with purity and extend our hands to the needy that our Lord may reconcile (with us) and His peace may reign among us.
3. Let our tongue fast from iniquity, lest we may scale off the sores of our brethren and may our fasting be for our condemnation and we may become offenders ourselves.
4. Your mouth shall fast from food and truly from iniquities. Subdue your tongue with fasting, lest

your fasting be for your condemnation. *Shubho – Men olam.*

5. Servants of the King, rejoice and exult in the fasting that Your Lord had taught you, for it is an invincible weapon. Blessed is the Good One who taught us it.

Ps. 113

Eqbo: O God save me, for the storms and tempests of the sins which I have committed, surrounded me. Lord, be a harbour of peace to me, that I may not be drowned in the sea of sin. I seek to repent, stretch out Your hand O Lord, as You did to Peter and have pity on me. *Stomen kalos.*

Promiun- Sedro.

Qolo:

1. Times are harsh and my offences are numerous. The punishment is hard and the justice is menacing. With good works, let us please God that by His love He may have mercy upon the world. Our Lord, by the abundance of Your grace, have pity on us. *Shubho.*
2. 'Repent, sinner!' the justice cries out and the judge is strict and the rod of wrath is ready (*lit. polished*). Let us pardon one another and reconcile with the Lord, lest we all may be completely perished by His sword. O Upright Judge, have pity and mercy upon us. *Men olam.*

3. My Lord, Your judgement is terrible and our offences are numerous; the justice is strict and I cannot run away. By that love which sent You to the tribunal (of Pilate) for our sake, do not lead us to judgement and do not remember our offences. O Upright Judge, have pity and mercy upon us. *Moryo rahem.*

Another qolo

1. Haughtiness has pulled down the proud from their positions and humility has bestowed greatness to the humble. The pride of the King Pharaoh pulled him down, and drowned his camps in the sea. Moses who became humble, divided the sea with his staff and the people crossed it, shouting: Glory to You O Lord! *Shubho*
2. In the great day of Your manifestation, O Christ (our) King, when all generations enter and give their account, when the good are separated from the evil, and each one goes to the place to which he is worthy, when the sea of fire roars against the wicked, may Your grace uphold us. Have pity and mercy upon us. *Men olam.*
3. O sinner, why do you leave the sanctuary when your Lord is being offered on the altar? Instead of beseeching for your offences, behold, you go out for no reason. Remain and beseech mercy from God. Cry out to Him: Holy, Holy, Holy, You are O Lord, in heaven and on earth. *Moryo rahem.*

Bo'utho of Mar Jacob

1. Christ who accepted the fasting of the just and the righteous, accept our fasting and prayer and have mercy upon us.
2. The judge vested with authority and holding dominion: his rank is glorious, his honour is great, his command is terrible, his word is exalted and his armies obey him. He is haughty and celebrated as if his time will never change.
3. O day time, how luminous are you and how glorious are you! How beautiful and rich are you! How diligent are you! (However) woe (to you) for the dark evening arrives and brings an end to you and darkness obscures (you), covers (you) and blinds you.
4. Christ who accepted the fasting and humility of Moses, hear our supplication and have mercy upon our souls.

Morning praise of the Lent: 'Lord of all..'. (p. 128-129)

Ordinary morning praise: It is good... (p.36)

THURSDAY THIRD HOUR

Qolo

1. Blessed is he who, from this world, gains the provisions for the journey and prepares glorious garments for that terrible day. When the bridegroom appears in glory to see the invited, he

will enter the banquet hall and will sing glory.
Shubho.

2. In His Gospel, our Lord said to those who are on His right hand side: I was hungry and you gave me food. I was thirsty and you gave me drink. You visited me in prison. You loved me and hated the world. Come, enter and inherit the kingdom and immortal life. *Moryo rahem*

Bo'utho of Mar Ephrem

1. Lord, have mercy upon us, the Son who has set us free by His fasting.
2. O Rich One, you do not withhold the requests to the diligent and you (*lit. your door*) love the penitents and your treasure house longs for the poor.
3. Glory to the compassionate Father; worship to the Son who is the Saviour; praise to the Holy Spirit and may his mercies and compassion be upon us.
4. Lord, have mercy upon us, Christ who has set us free by his fasting, accept our fasting and prayer.

THURSDAY SIXTH HOUR

Qolo

1. Fasting is beautiful and vigil is fitting and prayer and supplication are desirable. They stand against wrath and sanctify the soul and the body. Glory to you, my Lord, who reconciles with men through fasting and prayer. *Shubho*

2. Grant us, our Lord, according to your will, compassion and mercy pardon of debts and new life in the kingdom and abundant mercies in the coming judgement. In that day in which the hidden things are to be revealed, hold us worthy to inherit the kingdom. *Moryo.*

Bo'utho of Mar Jacob

1. Christ who accepted the fasting of the just and the righteous, accept our fasting and prayer and have mercy upon us.
2. The righteousness from many people is greatly beloved. It has always the power to grant every request. (Though) the drops of rain are separate from one another, when they are gathered together, they become a torrent that cannot be crossed.
3. Similarly when the drops of dews make a torrent that cannot be crossed because of its greatness. One supplication from many weak mouths gets answer and the judge never withhold it.
4. Christ who accepted the fasting and humility of Moses, hear our supplication and have mercy upon our souls.

THURSDAY NINTH HOUR

Qolo

1. Gracious and Holy One, by your abundant loving kindness, absolve my debts and pardon my

iniquities. Hold me worthy that with just who loved you and the saints who pleased you, to rejoice in the bridal chamber and to sing glory and praise to you. *Shubho*.

2. How narrow is the door and straight is the way of the holy fast, for when the body fasts from bread, the soul also shall fast from evil deeds. Vain is the fasting from bread, if the soul is not prevented from desires and evil thoughts. *Moryo*.

Bo'utho of Mar Jacob

1. Christ who accepted the fasting of the just and the righteous, accept our fasting and prayer and have mercy upon us.
2. O the one who fasts, call the poor and give him bread. Not when he comes to you, but go after him and fill his stomach. The fields do not go after those who sow. But they carry the seeds and go (to the fields) to sow.
3. When the poor knocks (at your door), do not tell him that the Lord will provide. This word is vain and it brings no reward to him who says it. Grant him gift and say. (Then) the word is not faulty. For he knows better than you that the Lord provides for him.
4. Christ who accepted the fasting and humility of Moses, hear our supplication and have mercy upon our souls.

FRIDAY EVENING

Pss. 140; 141; 119; 117. (p. 113-114)

Enyono

1. Today our Saviour fasted in the wilderness for us and instead of bread, He gave us Word full of life that the race of Adam eat them and live by them.
2. Moses fasted a pure and holy fast and pleased God. Elijah fasted and ascended to heaven in a whirlwind. Let us also fast with purity that our debts may be pardoned.
3. For one who believes, fasting and prayer are pearls and a treasure of life and a great richness which cannot be pillaged. By it those who fast inherit the eternal life.
4. Come the men of discernment. Let us observe the holy fast full of benefits, for by it all our debts and faults are forgiven and God reconciles with us and shows mercy upon us.
5. By fasting, the just become glorious and pleased God; (namely), Moses, David, Hanoch, Elijah and Daniel. Let us also fast and pray to escape from judgement. *Shubho – Men olam.*
6. I beseech Your mercies, O God who is merciful and lover of men. Absolve my debts and blot out my sins as You wish, and with the robber and the sinful woman, make me worthy of the kingdom.

Stomen Kalos.

*Promiun- Sedro.**Qolo- Quqoyo.*

1. God resides in a heart having no deceit, and the Holy Spirit dwells in pure and sincere soul. Fast is beautiful and prayer is excellent and a sincere heart exceeds both of them. With pure heart, the just labored in the vineyard of our Lord. May their prayer be a fortress that protects us from the evil, day and night. *Shubho.*
2. Where shall I flee from Your presence, O Son of God? For the heaven and the earth pass away at Your commandment. I take refuge in You like that woman having the issue of blood, who touched Your garment and her illness was healed. I take refuge in Your body and blood. Absolve my debts and sins, according to Your abundant mercies and have mercy upon me. *Men olam.*
3. Our Lord has said: 'Be watchful and pray. Let your loins be girded and the provisions for the way be prepared, for you do not know in which moment the Lord comes home. Take oil in your lamps and welcome Him, that the bridegroom will see you and rejoices and opens the door for you and you will enter his bridal chamber'. *Moryo rahem.*

Another qolo

1. Every one who fasts from bread alone is not reckoned as the one who fasts, for the Lord hates the fasting from bread (alone) and it is without profit if one does not (fast) from iniquity. *Shubho.*

2. The Lord God rejoices in fasting and prayer and one who keeps them is the temple of God and the Holy Spirit dwells (in him) and he will rejoice in Eden.
3. Deliver us O Lord, from the sea of fire and the terrible crossing, as You have delivered the children from the furnace in the country of Babel and put the Chaldeans into shame. *Moryo rahem.*

Bo'utho of Mar Jacob

1. Christ who accepted the fasting of the just and the righteous, accept our fasting and prayer and have mercy upon us.
2. In the fire, the rich said with groaning and imploring as he was burnt with the flames: Blessed is He who does not see the riches as I saw (them), for, though I became rich, behold I am being burnt severely.
3. Blessed is he who does not live luxuriously in the temporal life and comes here and lives happily like Lazar. Blessed is he who completes his life in weariness and does not require a drop of water which is denied to him.
4. Christ who accepted the fasting and humility of Moses, hear our supplication and have mercy upon our souls.

Lord Jesus Chris... (p. 12)

FRIDAY SUTORO

Qolo from Shehimo etc.

FRIDAY NIGHT

Awaken us, O Lord...

Ps. 134; 119:-169-176; 117. (p. 118-120)

Enyono

1. The Only Begotten came down to the earth and fasted and fought against the Evil One and by His fasting, He gave victory for our nature and by His fasting, He raised our fallen state and by His fasting, He redeemed Adam and restored him Eden, his inheritance.
2. By fasting debts are pardoned; by fasting, sins are blotted out; by fasting, blemishes are cleansed; by fasting, soul becomes glorious and spiritual wings grow. Blessed is He who is pleased in fasting.
3. Misery and blessing are prepared in the fasting for those who are to receive consolation. Misery to those who fast with grudge and deceit in their minds. Blessed are those who are sincere, pure and full of love while fasting.
4. Greatly blessed is he who fasts, having purified his heart from grudge. God has promised saying: he who fasts from bread as well as from evil deeds will rejoice in the chamber of light. *Barek mor. Shubho. Men olam.*

5. Glory to You, who are worshipped by the watchers and ministered by the earthly beings. Lord, who is ministered by the angels, accept the service of Your servants and be reconciled with us, for we have angered You, our God, abundantly merciful. *Kyrie eleison, Kyrie. Kyrie.*

Eqbo

Behold the mountains, valleys and steep rocks will lament for me, if I do not repent. The hills will lament with tears and with great mourning they will repent for me. They will gather together the friends and the beloved and cry with sigh for my miserable soul and will beseech mercy from the Lord, O my beloved, that I may be held worthy of forgiveness. *Kyrie eleison. Kyrie, Kyrie.*

Qolo.

1. Jesus the Son of the King has placed the sign of life in us. When the evil one sees it, he flees from it. For our propitiation, He has given His holy body and blood, that we may give thanks to his grace. Blessed is His mercy. *Shubho.*
2. Lord, in Your wrath, do not chastise me, nor punish me in Your fury, sang and said David the prophet. Since God is always compassionate, He does not desire that the image which his hands have fashioned, perish. *Moryo.*

Bo'utho of Mar Jacob.

1. We call upon You, Lord our Lord, come to our help; hear our petition and have mercy upon our souls.
2. Prayer is a weapon by which the diligent become glorious, and at the time of combat the glorious seek it. Therefore the Son of God has forged and polished it, so that the servants of the King shall be equipped with it in their warfare.
3. Be courageous, you who pray and do not be negligent, for the entire prayer of the Son of God is for you. Add your prayer to it, for there is power in it and because of His (prayer), your (prayer) will be accepted.
4. Answer me O Lord, answer me O Lord. Have mercy upon us and turn the hearts of the sons of men to repentance.

SECOND QAUMO*Blessed be the glory of the Lord... (p.118)*

Eqbo: My Lord, the anxiety of my thoughts kills me. What shall I do, for they have surpassed above my head. Woe to me! Brethren what shall I do? They are waiting for me at the tribunal. Who will not weep for me and shed tears with grief and anxiety on account of my offences? There the repentance is not at all received. Woe to me, for I have sinned. *Kyrie eleison; Kyrie; Kyrie.*

Qolo

1. Come let us beseech God with sorrow and offer supplication and entreaty before Him. Lord is near to those who call upon Him in truth. Because of His mercies, He answers us and has pity on us. *Shubho*
2. Let every one whiten his dress with tears, for behold, the coming of the Son of God is at hand; the apostle witnesses that the end of the world is at the door. Blessed is he who has his judgement with mercy. *Moryo rahem.*

Bo'utho of Mar Ephrem.

1. Lord have mercy upon us and accept our service.
2. Let your body not stand in iniquity and your heart wander about. Let your body be a church and your mind be a glorious temple.
3. Almighty, Your glory is greater than the glory of those who glorify You. You have very much loved our nature. Glory to You, on account of our salvation.
4. O You who hear the prayers and answers the requests, hear our prayer and be reconciled with us and by Your mercy, answer our requests.

THIRD QAUMO

Blessed be the glory... (p. 118)

Eqbo: Open me, my Lord, Your door full of mercy, as You did open before the sinful woman, and accept from me the tears that I offer. Grant me forgiveness of

debts. I have taken You – the living water – as my fellow traveler. May I not seek there water from Abraham, for I have heard from the parable of the rich that he begged for water on the tip of his finger. *Kyrie eleison, Kyrie. Kyrie.*

Qolo

1. 'Stand up, help me and save me', said Adam, 'for the serpent and Eve subdued me among the trees. I have committed offence, because from them, I ate the fruit and I have stripped off the glory that I have put on. *Shubho.*
2. Your Church stands at Your door and beseeches You, because of the passion that You have endured on the cross. Have pity on her and her children by the great sign of the cross. *Moryo rahem.*

Bo'utho of Mar Balai. (p. 28)

*Halleluiah; etc. up to 'Praise to the Trinity'.
(p. 120-122)*

Qolo

1. Because of gluttony, Adam ate the fruit in the Paradise and because of food, he was expelled from the garden of Eden with shame. Our Saviour descended and defeated gluttony by pure fast. Blessed is the Good One, who by his mercy, had pity on his servant who ate, and defeated the Evil One who deceived him. *Shubho*
2. This is the holy fast, by which those who have discernment grow. Brethren, like the just from the

beginning, let us take refuge in it. By it let us win victory over the enemy and wrest the crown of victory. Let us all cry out with discernment: Blessed is He, who had made us to put on His weapon, that with it, we may conquer the evil and his power. *Moryo rahem.*

Bo'utho of Mar Jacob

1. Christ who accepted the fasting of the just and the righteous, accept our fasting and prayer and have mercy upon us.
2. Where is my table full of every (kind of) fine things? Behold I beg for a drop of water and it is not given to me. Where is the gold which I have gathered together by every means and by running around? If it can be exchanged for a drop of water, let it go completely.
3. The dew of mercy which was sprinkled inside the furnace, do not reject us from Your presence when You appear; spread out cheerfulness and the garment of glory on our face that we may conquer the darkness and with brightness, may we shout glory to You.
4. Christ who accepted the fasting and humility of Moses, hear our supplication and have mercy upon our souls.

Hymn of the angels. (p.122)

Our Lord Jesus Christ... (P.12)

FRIDAY MORNING

Ps. 51; 63. (p. 124-126)

Enyono

1. When one sees his evil acts, he despises himself. He condemns himself, when he sees how much he had acted impiously. Brethren, when the hidden things are revealed, it is greatly fearful. In the just judgement, every one receives reward according to his acts.
2. Woe to us, though an example has been prepared for us, we are inactive. Woe to us, for we have lost the Paradise, because of our negligence. Fear has fallen over the creation. Sun turns to darkness and moon full of brightness becomes alien to his light there.
3. The just puts on the glorious light that never fades away. His light is more intense than that of the sun and his glory will always be greater than that of all. The wicked puts on the thick darkness of their sins. My tongue is incapable to narrate their torments.
4. The spiritual watchers fly and in a twinkling of an eye, they will gather together the evil men who are the tares and throw (them) into the burning fire. There will be the gnashing of teeth, and the will be tormented in the darkness and burned there in the Gehenna in the terrible and just judgement.

5. The wicked implore from the fire like that rich man, begging for a little drop of water and no one listens to their request. O Good One and the Son of the Good One, Your compassion is greater than our iniquity. My Lord, do not give up Your image to be covered up by eternal fire.
6. Open my Lord, the door of Your kingdom that the redeemed congregation might enter, which You have brought from captivity and introduce them into Your sheepfold. May their heart rejoice, for they have beseeched You and refresh at Your table, and be nourished (*lit: intoxicated/drunken*) by the richness (*shumno: fatness*) of our house from Your spring (*nahlo*) give them to drink. *Kyrie eleison.*

Ps. 19. (p. 126-127)

Enyono:

1. We beseech Your mercies, in the hard times of afflictions. My Lord, You are rich and do not deny the poor their requests.
2. My Lord, do not disregard Your Church, Your congregation and Your covenant, for it calls upon You always. By Your compassion, come for its help.
3. Our Lord, receive our supplication. Do not disregard our request. Incline Your ear for our petitions, O Compassionate and Merciful One.

4. Our God, the most Merciful One, who guides the entire creation, our requests are answered by You and our souls are protected by You.
5. Unite Your will with us and be the mediator for our supplication. We have raised our eyes to You, my Lord. By Your mercies, O Lord, have pity on us. *Shubho- Men olam.*
6. We beseech You, O Lord to receive forgiveness from You and with sigh, we supplicate You, to absolve our debts. *Kyrie eleison.*

Is. 42:10-13. (p. 127-128)

Enyono:

1. How fair is the fasting free from wrath and slander, the love free from every deceit is greatly rich. Brethren, let us love one another, that our fasting may be received.
2. Brethren, let us fast from iniquity and envy, as well as from every evil, and let us supplicate the Lord with mournful heart and tears of sorrow, that we may rejoice with the Son of the King in the chamber of light.
3. By the multitude of debts and sins, I have been defiled. O Lover of man, I do not dare to look to the heights above, O my Saviour. By Your abundant mercies and grace, have pity and mercy on me.
4. Woe to the evil one, for in the beginning, he was jealous of Adam and stripped him off his glory.

Behold he has been cast down and rejected from his rank, in which he was standing. Behold, Gehenna has been prepared for him and Paradise for Adam. *Shubho-Men olam.*

5. Glory to You, Father, Son and the Holy Spirit, threefold mystery: three hypostases and three names; but one substance and one true God. To Him be glory from all.

Ps. 113. (p. 128)

Eqbo: Our Father in heaven, we beseech You: accept our service and have mercy upon us.

Stomen kalos:

Promiun-Sedro.

1. We are the temples of God; the Spirit of the Lord dwells in us. Because of our wickedness, do not destroy the dwelling place where the king lodges. Let us wipe out the defilements and the marks (of sins) from our souls in order to please Him, who humbled Himself for our sake. *Shubho*
2. When we have pain, we weep and when our pains are relieved, we forget the physician. No one thinks that the end of the world is standing at the door. God who fashioned Adam, do not loose hold of us for You have given Your body to eat, and Your living blood to drink. *Men olam.*
3. The rich one who never becomes poor, behold those who are in need stand at Your door. Open Your

rich treasure house and fill their needs. Fulfill with them the word that Your Holy mouth has said: 'Call (me), I shall answer, knock and I shall open'.
Moryo.

Qolo:

1. We know that we have sinned, O Lover of man! Therefore we do not have the courage to look at heaven. We are ashamed to call upon You. May Your compassion supplicate Your justice. Listen O Lord the sound of our groaning. Accept our words for your persuasion. As You are always compassionate, have pity and mercy on us.
Shubho.
2. My Lord, I remembered":' How terrible is the day of Your judgement!' When I realized how much I have been corrupt, my tears flowed freely. I have laboured in Your vineyard in the company of many. The evil one saw me and became jealous of me and robbed me of my riches. Do not reject me O Lord, lest I may be on the left hand side. May Your body and blood be a companion for me to the tribunal. *Men olam.*
3. The judge who does not receive bribe from anybody, what can I offer to You as a bribe which Your love. I have heard that tears are beloved to You more than pure gold and precious stones. Receive O Lord, my tears and pardon my debts and sins, and according to Your grace, have pity and mercy on me.

Bo'utho of Mar Jacob

1. Christ who accepted the fasting of the just and the righteous, accept our fasting and have mercy upon us.
2. Gold is a burden and a bond and a fetter to the one who possesses it. True are the riches of the one who has united his soul with God. The whole treasures of all the kings of the entire world are lesser (in worth) than one who trusts in God.
3. The worldly possessions are deadly fruits. One who does not possess anything in this world, never tastes it. Even if one takes pain every day (for possessions), it is nothing but evil. (Then) it is better not to toil (for them) the whole day.
4. Christ who received the fasting and humility of Moses, hear our supplication and have mercy upon our souls.

Morning praise of the Lent: Lord of all.

(p. 128-129)

Ordinary morning praise: It is good... (p.36)

FRIDAY THIRD HOUR

Qolo:

1. My Lord, let the evil one not mock at me in the Gehenna, saying to me: 'Behold I have deceived you and you have descended with me into Sheol'. Christ, full of mercy, deliver me from him;

according to Your will, Lord, lead me. May Your cross be a weapon for me at the terrible crossing and with it may I conquer the enemy and all his power. *Shubho.*

2. O world, the ocean of debts, I have sinned greatly in you and it is my evil desire that led me astray. Behold I am terrified by the day of judgement and by river of running flames. May the sign of the living cross be a companion for me and by it may I cross the ocean of fire through Your mercies, O Lord. *Moryo rahem.*

Bo'utho of Mar Jacob

1. Christ who accepted the fasting of the just and the righteous, accept our fasting and prayers (and) have mercy upon us.
2. O rich man, (you are) glorious, proud and (your) figure is pleasant to see. (You have) borrowed splendour and fair dresses and you recline at table with tasty food. How much honour, pleasure, luxuries, and how many people utter praises, worshippers and people with lying praises!
3. O handsome one, look at the day time. How beautiful is it! It has put on splendour, glory and is radiant throughout the world. And as soon as evening approaches, the day becomes obscured and the night reaches and strips off its beauty.
4. Christ who accepted the fasting and humility of Moses, hear our supplication and have mercy upon our souls.

FRIDAY SIXTH HOUR

Qolo

1. I have spent all the days of my life in vanity, labouring with the evil one, who made me a captive by his bitter deceit. Or Saviour, have pity on Your image which became corrupt by sin. Establish it without leaving it to destruction. *Shubho*.
2. The high mountains cannot be compared with my offences. By a drop from the ocean of Your mercies, let them vanish and may I be set free. By the mercy with which You created us, give us life, O compassionate One. Remove from the world the punishments and the rods of wrath. *Moryo*.

Bo'utho of Mar Jacob

1. Christ who accepted the fasting of the just and the righteous, accept our fasting and prayer and have mercy upon us.
2. Behold the love for (eternal) life is being despised, and its history has been perfected (*sic!*). The love for the world is warm like a flame. No one seeks to listen to the word of teaching. Every one runs around to gather the riches of the world
3. Let all the gentiles offer glory to Your might. How patient are You towards the rebellious? In all occasions and by all means, You seek that they come to repentance. Glory to You, because of Your love.

4. Christ who accepted the fasting and humility of Moses, hear our supplications and have mercy upon our souls.

FRIDAY NINTH HOUR

Qolo.

1. How fair and beautiful is the great day of the resurrection, in which the bodies of men rise up with unspeakable wonder. How beautiful and glorious are those who are chaste and those who keep vigil and fasting. In the kingdom above, they receive good reward for their toils and rejoice at the table of blessings, as the Lord has promised.

Shubho.

2. In the heights, tens of thousands of watchers minister You and thousand and thousands of angels sing your glory, O Saviour. Because of Your love, You humbled Yourself to receive glory from men. Behold those who are above shout: Holy, Holy, Holy are You, and the children of Adam, the earthly beings receive Your body and blood.

Moryo.

Bo'utho of Mar Jacob

1. Christ who accepted the fasting of the just and the righteous, accept our fasting and prayer and have mercy upon us.
2. Who does not know that the end of life is death and that moment of death is just above our head

like a sudden misfortune. Who does not know that the world is a dream, as well as a shadow, which passes away and cannot be possessed in perpetuity by those who love it.

3. Who does not know, even if he gives his whole gold, at the end of life it will not be accepted as a bribe from him? Who does not know, even if he is rich like the day, at the time of his death, his whole riches remain here.
4. Christ who accepted the fasting and humility of Moses, hear our supplication and have mercy upon our souls.

COMMON PRAYERS

Common of Ramso (Evening)

Psalm 141¹¹

Lord, I have called upon you, answer me: hear and receive my words.

Let my prayer be like incense in your sight, the offering of my hands like the evening offering. Set a guard, Lord, before my mouth, a guard before my lips, that my heart may not turn to evil words and I may not do deeds of wickedness.

Let me not take salt with impious men; let the just man teach me and reprove me: let not the oil of the impious anoint my head; because my prayer was against their evil-doing: their judges have been restrained by the side of the rock; and they have heard how gentile are my words.

As when a plough cleaves the earth their bones have been scattered at the mouth of Sheol. I have lifted up my eyes to you, Lord, and in you have I put my trust, do not cast away my soul.

Keep me from the hand of the proud, who have laid snares for me; let the wicked fall into their nets, while I pass on.

Psalm 142

With my voice I cried to the Lord; with my voice I besought the Lord and poured out my prayer before

him; I showed him my affliction, when my spirit was troubled, but you know my path.

In the way of my walking they have laid a snare for me; I look to the right and see none that knows me; the way of escape has gone from me and there is none who cares for my soul. I cried to you, Lord and said: you are my hope and my portion in the land of the living.

Hear my petition because I am brought very low; deliver me from my persecutors because they are too strong for me. Lead me forth from prison that I may give thanks to your name: your just ones shall have hope when you shall reward me.

Psalm 119:105-112

Your word is a lamp to my feet and light to my path; I have sworn and am resolved to keep the judgements of your justice. I am greatly brought low, Lord, give me life according to your word; be pleased with the words of my mouth, Lord, and teach me your judgements.

My soul is ever in your hands, and I have not forgotten your law; sinners have laid snares for me and I have not strayed from your commands. I shall inherit your testimony for ever because it is dear to my heart; I have turned my heart to do your commands for ever in truth.

Psalm 117

Praise the Lord, all you nations; praise him, all you peoples; for his grace is strong over us, truly the Lord is for ever.

Conclusion of the Evening prayer

Lord Jesus Christ, do not close the door of your mercy in our faces, Lord; we confess that we are sinners, have mercy upon us. Your love made you descend from your place to us, Lord, by whose death our death was ended; have mercy on us.

COMMON OF SUTORO**Psalm 91 and 121**

Barekmor. He sits under the protection of the Most High, and glorifies in the shelter of God.

Barekmor. Say to the Lord: my trust is in you; God is my refuge in whom I trust.

He shall deliver you from the snare which makes you stumble, and from the talk of vain things.

He will keep you safe under his feathers and you shall be protected beneath his wings; his truth shall enclose you as an armour.

You shall not be afraid of the terror of the night, or of the arrow which flies by day.

Of the word which walks in the darkness, or of the spirit that wastes at midday.

Thousands shall fall at your side, and ten thousand at your right hand.

But it shall not come near you, but with your eyes alone you shall see.

You shall see the reward of the wicked, because you, Lord, are my trust.

You have made your dwelling in the heights, evil shall not come near you.

Affliction shall not come near your tent, because he has commanded his angels concerning you;

That they should keep you in all your ways, and receive you in their arms;

That you may not stumble with your foot, you shall tread upon the asp and the basilisk.

You shall tread upon the lion and the dragon, because he has cried to me, I will deliver him and strengthen him.

Because he has known my name, he shall call upon me and I will answer him; I will be with him in distress.

I will strengthen him and honour him; I will satisfy him with length of days.

I will show him my salvation; I have lifted my eyes to the hills.

From whence will come my help; my help is from the Lord.

Who made heaven and earth; he will not suffer your foot to slip.

Your guardian shall not sleep; indeed he neither slumbers nor sleeps.

The guardian of Israel, the Lord is your guardian.

The Lord shall shelter you with his right hand; by day the sun shall not harm you.

Nor the moon by night; the Lord shall guard you from all evil.

The Lord shall guard your soul; he shall guard your going and your coming in.

From henceforth and for ever more, and to you belongs the praise, O God.

Barekmor. Glory be to the Father and to the Son and to the Holy Spirit.

Halleluiah, halleluiah, halleluiah. From ages to age for ever. Amen.

He dwells under the protection of the Most High, beneath the shadow of the wings of your loving kindness.

Protect us, Lord, and have mercy upon us; you who hear all, hear the prayer of servants in your loving kindness.

An evening full of peace and a night of holiness, grant us, Christ our Saviour, for you are the king of glory.

To you our eyes are turned, pardon our offences and our sins; in this world and in the world to come, have mercy upon us.

Lord, let your mercy protect us and your grace rest upon our faces, and let your cross guard us from the evil one and his powers.

May your right hand rest upon us all the days of our life, and your peace reign among us and give hope and salvation to the souls of those who pray to you.

By the prayer of Mary who bore you and of all the saints, pardon me Lord, and have mercy on me, O God.

Ezk. 3:12

Blessed be the glory of the Lord in his place for ever; holy and glorious Trinity, have mercy upon us.

Blessed be the glory of the Lord in his place for ever; holy and glorious Trinity, have mercy upon us.

Blessed be the glory of the Lord in his place for ever; holy and glorious Trinity, have mercy upon us.

You are holy and glorious for ever; you are holy and glorious for ever; you are holy and your name is blessed for ever.

Glory to you, our Lord; glory to you, our Lord; glory to you, our hope for ever. Barekmor.

Our Father;

Creed.

Lilyo

Common of Lilyo

Introductory Prayer

Awaken us, Lord, from the sleep in the sloth of sin that we may praise your watchfulness, you who watch and do not sleep; give life to our death in the sleep of

death and corruption, that we may adore your compassion, you who live and do not die; grant us in the glorious company of the angels who praise you in heaven, to praise you and bless you in holiness, because you are praised and blessed in heaven and on earth, Father, Son and Holy Spirit, now and always and for ever. Amen.

Psalm 134

Barekmor. Bless the Lord, all you servants of the Lord.

Barekmor. You who stand by night in the house of the Lord.

Lift up your hands to the holy place and bless the Lord.

May the Lord bless you from Sion, he who made heaven and earth.

Psalm 119:169-176

Let my praise enter before you, Lord, and give me life by your word; let my cry enter before you, Lord, and deliver me by your word.

My tongue shall pour forth your word, because all your commands are just.

My lips shall speak your praise when you have taught me your commands; let your hand help me because I have taken pleasure in your commands.

My soul has longed for your salvation and I have meditated on your law; let my soul live and I will praise you and your judgements shall help me.

I have gone astray like a lost sheep; seek for your servant, because I have not forgotten all your commands.

Psalm 117

Praise the Lord, all you nations; praise him, all you peoples; because his grace is strong over us, the Lord is truly for ever. And to you belongs the praise, O God.

After the third qaumo

Halleluiah, halleluiah, Halleluiah, glory to you, O God (3 times).

Be compassionate towards us in your mercy, O God of compassion.

Awake you that sleep, and rise and sing praise!

Psalm 148

Praise the Lord from the heavens, praise him in the heights.

Praise him, all his angels; praise him, all his hosts.

Praise him, sun and moon; praise him, all stars of light; praise him heaven of heavens, and the waters above the heavens: let them praise the name of the Lord.

For he spoke and they were made, he commanded and they were created; he established them for ever and ever, he gave them a law which shall not pass away.

Praise the Lord from the earth, sea-monsters and all the depths; fire and hail, snow and mist, stormy winds that fulfill his word.

Mountains and all hills, fruit-trees and all cedars; wild beasts and all cattle, creeping things and birds that fly.

Kings of the earth and all peoples, princes and all judges of the earth: young men too and maidens, old men and boys: let them praise the name of the Lord.

For his name alone is exalted; his praise is on earth and in heaven, and he has lifted up the horn of his people; praise for all the just, the children of Israel who draw near to him.

Psalm 149

Praise the Lord with a new praise in the assembly of the just; the Israel be glad in her Maker; let the children of Sion rejoice in their King.

Let them praise his name with the timbrel and the drum, let them sing to him with the harp; for the Lord takes pleasure in his people, and gives salvation to the poor.

Let the just exult in glory; let them praise him on their beds: let the high praises of God be in their throats, and two-edged swords in their hands.

To execute vengeance on the nations, and to rebuke the peoples; to bind their kings with chains, their nobles with fetters of iron: to execute on them the judgement which is written: that is the glory of the just.

Psalm 150

Praise the Lord in his holy place, praise him in the firmament of his strength.

Praise him for his mighty deeds, praise him for his abounding greatness; praise him with the sound of the trumpet; praise him with lyre and harp.

Praise him with the timbrel and the drum; praise him with the soft strings; praise him with the loud cymbals; praise him with the sound of the voice; let everything that has breath praise the Lord.

Praise the Lord, all you nations; praise him, all you peoples. For his grace is strong over us; truly the Lord is for ever. And to you belongs praise, O God.

Shubho – Men olam

Praise to the holy Trinity; praise to the holy Trinity; we praise the glorious Trinity, eternal and everlasting; and to you belong praise, O God, at all times.

Praise of the Angels

As the angels and archangels on high in heaven sing and praise, so we poor children of earth sing praise and say:

At all times and at all seasons, Glory to God in the heights and on earth, peace and tranquility and good hope for the sons of men.

We praise you, we bless you, we worship you, we raise a hymn of praise to you.

We give thanks to you because of your great glory, Lord our creator, king of heaven, God the Father almighty.

Lord God, only Son, Jesus Christ, with the Holy Spirit;

Lord God, Lamb of God Son and Word of the Father, who takes away, or rather have taken away, the sin of the world, incline your ear to us and receive our prayers; you who sit in glory at the right hand of the Father, have compassion on us.

Because you only are holy, you only Lord Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

At all times all the days of my life, I will bless and praise your name, which is holy and blessed for ever, and which remains for ever and ever.

Blessed are you, Lord Almighty, God of our fathers, and your name is blessed and glorified in praise for ever.

To you belongs glory, to you belongs praise, to you belongs honour, God of all, Father of truth, with the only Son and the living Holy Spirit, now and always and for ever. Amen.

Lord Jesus Christ, do not shut the door of your mercy in our faces, Lord; we confess that we are sinners, have mercy upon us.

You have made you descend from your place to us, Lord, by whose death our death was ended; have mercy upon us.

*Common to Morning prayers (Safro)***Psalm 51**

Have mercy upon me, God, in your loving kindness; in the abundance of your mercy blot out my sin.

Wash me thoroughly from my guilt and cleanse me from my sin. For I acknowledge my fault and my sins are before me always.

Against you only have I sinned and done evil in your sight, that you may be justified in your words and vindicated in your judgement. For I was born in guilt and in sin did my mother conceive me.

But you take pleasure in truth and you have made known to me the secrets of your wisdom. Sprinkle me with your hyssop and I shall be clean; wash me and I shall be whiter than snow.

Give me the comfort of your joy and gladness, and the bones which have been humbled shall rejoice. Turn away your face from my sins and blot out all my faults.

Create in me a clean heart, O God, and renew your steadfast spirit within me. Do not cast me from your presence and take out your Holy Spirit from me.

But restore to me your joy and your salvation and let your glorious spirit sustain me; that I may teach the wicked your way and sinners may return to you.

Deliver me from blood, O God, God of my salvation, and my tongue shall praise your justice. Lord, open my lips and my mouth shall sing your praise.

For you do not take pleasure in sacrifices; by burnt offerings you are not appeased. The sacrifice of God is a humble spirit, a heart that is contrite God will not despise.

Do good in your good pleasure to Sion and build up the walls of Jerusalem. Then shall you be satisfied with sacrifices of truth and with whole burnt-offerings; then shall they offer bullocks upon your altar. And to you belongs the praise, O God.

Psalm 63

My Lord, you are my God, I will seek you.

My soul thirsts for you and my flesh seeks for you like the thirsty earth which is parched and begging for water.

So have I looked for you in truth, that I may see your power and your glory.

Because your loving-kindness is better than life and my lips shall praise you.

So I will bless you while I live and will lift up my hands in your name.

My soul shall be enriched as with marrow and fat and my mouth shall praise you with lips of praise.

I have remembered you upon my bed and in the night-time I have meditated on you.

For you have been my helper and in the shadow of your wings is my protection.

My soul follows after you and your right hand upholds me.

Those who seek to destroy my soul shall enter into the lower parts of the earth.

They shall be delivered over to the sword and shall be food for foxes; but the king shall rejoice in God.

Everyone who swears by him shall glory, but the mouth of those who speak lies shall be stopped. And to you belongs the praise.

Psalm 19

The heavens declare the glory of God and the firmament proclaims his handiwork. Day to day brings forth speech; night to night declares knowledge.

There is no speech; nor are there words; their voice is not heard. Their good tidings go out through all the earth, and their words to the end of the world.

In them, upon the sun he has set his tent. And is like a bridegroom leaving his chamber; it will rejoice like a strong man to run his course.

Its departure is from end of the heaven and its repose is at the end of the heavens. And there is nothing hid from its heat.

The law of the Lord is flawless and it turns the soul. The testimony of the Lord is trustworthy and it makes the infants wise. The commandments of the Lord are right and they make the heart to rejoice. The precept of the Lord is chosen and it illuminates the eyes.

The fear of the Lord is pure and it endures forever. The judgements of the Lord are true and are righteous than all. They are more desirable than gold and (even) than the precious stones. They are sweeter than honey and honeycomb.

Moreover your servant will be warned by them. If he keeps them, he will be greatly rewarded. Who (can) discern the errors? Clear me from hidden (faults).

Keep back your servant from iniquity, lest the evil doers shall have dominion on me. And I shall be purified from my sins. O Lord, my helper and Saviour, let the words of my mouth be according to your will and the meditation of my heart before you.

Isaiah 42:10-13; 45:8

Sing to the Lord a new song, his praise from the end of the earth! Let those who go down to the sea in its fullness, the islands and their inhabitants (praise the Lord!)

Let the desert and its villages rejoice! Let Kedar be meadows; let the inhabitants of steep rocks praise (him!) Let them shout from the top of the mountains. Let them give glory to the Lord and declare his glory in the islands.

The Lord will go forth like a mighty man and like a warrior, he stirs up his fury; he will cry out and become mighty and will kill his enemies.

[45:8] Let the clouds rain down righteousness; let the earth open, and let salvation increase; and let righteousness sprout forth altogether. I am the Lord who created them.

Psalm 113

Praise, you servants of the Lord, praise the name of the Lord.

May the Lord's name be blessed for ever and for ever.

From the rising of the sun to its setting great is the name of the Lord.

The Lord is high above, all peoples and his glory is above the heavens.

Who is like the Lord, our God, who sits on high and looks upon the depths in heaven and on earth?

He raises up the poor from the dunghill, and makes him sit with the princes of the people.

He makes the barren woman keep house and be a joyful mother of children. And to you belongs the praise, O God.

Morning praise of the Great Lent

Lord of all, by your mercies, make us worthy to be preserved today in justice, without the scars of sin.

Blessed are you, O God of our fathers, and your name is magnified and glorified forever and ever. Amen.

O Lord, may your grace and mercies be upon us, for our trust is in you.

Blessed are you, O Lord. Teach us and show us the way of your commandments.

Blessed are you, O Lord. By your grace, make us to understand the way of your laws.

Blessed are you, O Holy One. Enlighten us all with your rays.

Lord, may your mercies be upon us forever. Lord; do not neglect or leave the work of your hands:

There befits you glory; there befits you honour and there befits you praise, Father, Son and the Holy Spirit, forever and ever. Amen.

Morning praise (from the common prayers)

It is good to give thanks to the Lord and to sing praise to Your exalted name and to proclaim your grace in the morning and your faithfulness in the night (*Ps. 92:1-2*). Lord, hear my voice in the morning and in the morning, I have prepared myself to be present before You (*Ps 5:4*). Lord, have compassion on your people; Lord, pardon and forgive the sins of all of us. Holy one, overshadow your right hand upon us and pardon our infirmity, because your name is forever.

The m'anitho (anthem) of Mar Severios

By the prayers of your Mother who brought you forth and of all your saints:

I will exalt Thee, O King, my Lord (Ps.145:1)! The Only-begotten Son, the Word of the heavenly Father, who art immortal in Thy nature; Who by Thy grace came for the life and salvation of all mankind, and did become incarnate of the Holy and Glorious pure virgin, Mother of God, Mary; Who did become man, being God without change, and was crucified for us. O Christ, our Lord, Who by Thy death did trample our death and destroy it, Who art One of the Holy Trinity and art worshipped and glorified in the unity of Thy Father and Thy Holy Spirit, have mercy upon us.

(Footnotes)

- 1 Psalms according to the Peshitta (the Syriac) Bible.
- 2 Lit. " stand before us"
- 3 Lit. " stood with"
- 4 lit. "protect (keep) my simplicity" .
- 5 Lit: " may Your compassion be the forgiver" .
- 6 *Mal. 'I have bowed down before You '.*
- 7 Is. 58:7.
- 8 The Syriac text adds the following rubrics here: "
Again we say thrice and bow down. [then] Holy art thou O God. Then we shall say : Lord have compassion.."
- 9 *Malayalam: I have bowed down before You...*
Lit: " I have come before You" .
- 10 Is. 58:3-7.
- 11 Unless otherwise mentioned, the Psalms follow the Syriac (Peshitta) text and numbering.



**MALANKARA ORTHODOX
CHURCH PUBLICATIONS
DEVELOKAM, KOTTAYAM**

ISBN No. 978-93-81026-06-9